

Soup to Nuts



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THE WOMAN'S AUXILIARY
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THE CHURCH OF THE HOLY COMFORTER
BURLINGTON, NORTH CAROLINA

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M. STREET DRUG CO.

BURLINGTON, N. C.

Happy Birthday to Jane from Charlie
and Polly

Soup

to

Nuts



A COOK BOOK OF
RECIPES

CONTRIBUTED BY HOUSEWIVES AND HUSBANDS OF ALAMANCE
COUNTY AND OTHER SECTIONS OF STATE AND COUNTRY

Compiled by the
WOMAN'S AUXILIARY
CHURCH OF THE HOLY COMFORTER
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FOREWORD

"To know how to live is the Keystone of Life." This old Argentinian proverb has for many centuries been interpreted by the Argentinian to mean, "To know how to eat is the keystone of life," and he has gone about carrying out his credo; graciously, leisurely and well. Once in this country gastrology was an art and there were fewer dyspeptics because man lived leisurely and meals were well-planned and graciously served. But a War destroyed this art: Mother raced to her lathe and laid her cook book on the shelf; Father shouldered a gun and listened to the sound of a bugle instead of the dinner gong. People gulped a hasty sandwich washed down by a bottle of "Pop" and called that a meal: the table linens were laid away, the candlesticks were put on the mantel and Mother used her tea aprons for bandages.

But now the rivet machine and the bugle are silent; Mother has reached again for her cook book; the linens have been bleached; the candlesticks have been polished; Mother has bought a new apron and Father has acquired a blowsy white Chef's cap; the house is filled with savory odors and we are beginning to live at home once more.

To those who would join this new order, this little book of tested and reliable recipes, contributed by our friends and neighbors, is dedicated.

THE WOMAN'S AUXILIARY

of

THE CHURCH OF THE HOLY COMFORTER

BURLINGTON, N. C.

MRS. WALTER M. BROWN, *Chairman Publication, SOUP TO NUTS*

MRS. WALTER C. BROWN, *Editorial Chairman*

MRS. W. T. CHEATHAM, *Advertising Chairman*

3554 (gift, Jane C. Bahnsen)

FOREWORD

To the advertisers who have been largely responsible for making this little book of tested and reliable recipes — contributed by neighbors and friends — a reality, the Woman's Auxiliary of the Church of the Holy Comforter wishes to express a deep appreciation, and to recommend and endorse their products.

WEIGHTS and MEASURES

1 cupful— $\frac{1}{2}$ pint	9 large eggs—1 pound
4 cupfuls—1 quart	2 cups butter—1 pound
3 teaspoons—1 tablespoon	60 drops—1 teaspoon
2 tablespoons—1 ounce	$2\frac{3}{4}$ cupfuls brown sugar —
2 cups granulated sugar —	1 pound
1 pound	$3\frac{1}{4}$ cupfuls confectioners'
1 quart sifted flour—1	sugar—1 pound
pound	16 tablespoons dry ingre-
4 cups sifted flour—1 pound	dients—1 cupful

IT MEANS THIS:

To Braise—To cook in a covered pan so as not to lose the flavor.

To Saute—To lightly fry.

A Souffle—A lightly whipped pudding of eggs or cheese, baked.

Lyonnaise—With onions and parsley.

En Casserole—Served in the dish in which it was cooked.

Julienne—Vegetables shredded into fine strips.

A la mode—In the manner of.

Deviled—Highly seasoned.

Au, Aux—Made with, combined with.

Au jus—With own gravy.

Bisque—A cream soup.

Bouquet—Flavor. A small bunch of herbs used to season.

Barde—A strip of bacon or fat meat across food to prevent dryness.

Creole—With tomatoes, onions, peppers or pimientos.

Au Gratin—With grated cheese or browned bread crumbs.

Consomme—A clear soup.

Beignet—A fritter.

Fondue—A preparation of melted cheese.

Croutons—Shapes of bread toasted or fried.

Foie—Liver. Pate de foi gras, patty of fat liver usually goose liver.

Puree—Mashed. A thick soup.

WHY DON'T YOU?

Use water from the gold fish bowl to enrich house plants.

Dissolve a bit of starch in mop water to give linoleum a glossy finish.

Dip left-over baked potatoes in a little water before reheating.

Use boiling water when adding liquid to cooking vegetables.

Try apple pie with orange juice for liquid and grated orange rind in the pastry.

Wash vegetables in plenty of salt water to remove insects.

Never salt oysters until they are fried or they will not brown.

Leave salt out of eggs until they are done or they will be tough.

Drop tarnishable silver into water from boiled potatoes to polish it.

Use liquid wax to remove chewing gum or spots from the linoleum floor.

Apply ice or vaseline to remove gum from clothing.

Brown gravy or soups by dropping in a tablespoon of caramelized sugar.

Add a pinch of salt to make egg whites beat quickly.

Blanch almonds by soaking them overnight in cold water.

Stop hiccoughs by eating a lump of brown sugar saturated in vinegar.

Grease the dish in which chocolate is to be melted.

In sending flowers a long distance place stems in a raw potato.

Put a slice or two of fresh bread in the box with a cake, both will keep fresh.

Take out fresh ink spots with moistened salt.

Use Borax and a little sugar to drive away roaches.

Stick a match, end out, in your mouth while slicing onions.

Keeps back the tears.

Use Bee's Wax candles. They will not drip or bend from heat.

Forget to grease an angel food or sponge cake pan.

Remember that to reboil tea or coffee after once made, spoils the flavor.

Follow an old English custom of dropping barley grains into your soup.



HORS D'OEUVRES

ANTIPASTO

The hors d'oeuvre, or appetizer, is as old as civilization; for man has always found the need of some little tidbit to chew on while dinner is being prepared. Each nationality has its particular brand. The Italians like an appetizer with a "punch" as to flavor and color—twangy, salty, spicy little morsels in flaming red, hunters' green, lemon yellow, deep rich purple and black. All of these, arranged on a huge platter are called an "Antipasto" and unless a lusty appetite is expected may serve as a meal.

Mrs. Clary Holt suggests the following for the Antipasto tray:

"Fringe a huge platter or tray with lettuce leaves and watercress. From the center lay filled celery stalks (See Mrs. Wilton's celery in this section); fill in with quartered tomatoes; little spiced beets stuffed with cavair; tidbits in bacon blankets—such as oysters (See Mrs. Paul Stevens recipe in this section), shrimp, stuffed olives, chicken livers, skinned grapefruit sections, stuffed dates; masked eggs made by turning halved hard-boiled eggs face down on rounds of toast and pouring over thin mayonnaise then crumbling over crisp bacon or bits of anchovy; slices of salami; cheese balls made by mixing $\frac{1}{2}$ cup Roquefort cheese with 1 tablespoon soft butter, $\frac{1}{2}$ teaspoon Worcestershire sauce, paprika and red pepper to taste and roll the balls in finely chopped nuts; chipped beef rolled around a teaspoon of tart apricot jam; bologna triangles fashioned by stacking five or six thin slices of bologna spread with cream seasoned with fresh grated horseradish, cream and lemon juice. Wrap the stacks in wax paper and put in the refrigerator until firm. Just before serving cut into pie-like wedges. Fill little cheese tarts (See Mrs. Clary Holt's recipe for tarts in Cookie section) with cavair, liver paste, crab meat or tuna; mushrooms sauteed in butter on toothpicks and tiny broiled sausages on toothpicks."

OYSTERS IN BLANKETS

Mrs. Paul Stevens, out at "Road's End" farm, Burlington, does wonderful things to oysters by dunking them into favorite seasoning, wrapping them in bacon blankets and broiling on skewers over white-hot charcoals.

HOT CANAPES

Mrs. Joseph Kelly, Burlington, makes a delicious and spicy appetizer this way:

"Trim crust from sliced bread and cut in desired shapes; rounds, points, crescents, etc. Arrange on a broiler rack and toast on one side. Spread the untoasted side with the following mixture:

1½ lbs. chuck or round steak, ground	2 teaspoons bottled horseradish
1/3 cup chili sauce	2 teaspoons minced onion
2 teaspoons prepared mustard	2 teaspoons Worcestershire
	1½ teaspoons salt

"Arrange on broiler rack and place about 3½ inches below heating unit. Broil about 4 minutes, according to thickness of meat spread."

CHEESE ROLLS

The rich flavor of cheese has often been compared with that of the nut and therefore served in processional (or recession) manner. Mrs. Robert W. Messer blends cheese into little rolls to be sliced onto crackers.

1 lb. American cheese	1 teaspoon lemon juice
3 pkgs. cream cheese	1 teaspoon sugar
3 garlic cloves	Dash salt and cayenne pepper

"Blend all ingredients thoroughly. Take small portion of mixture and form into rolls. Spread paprika on wax paper and roll cheese forms until coated. Wrap in wax paper and store in refrigerator for several days. Slice thin and serve on Ritz crackers. Will make 6 or 7 rolls."

STUFFED PECANS

A dinner may properly begin or end with this delightful item by Miss Margaret Brooks:

"Cream together Roquefort cheese and a few drops of lemon juice. Spread paste on large pecan halves and press together."

HOT SHRIMP COCKTAIL

Mrs. D. C. Plemmons, Burlington, not only serves a shrimp cocktail with a hot sauce, but heats the shrimp as well thereby gaining double results.

4 tablespoons butter

3 lbs. cooked shrimp

6 tablespoons lemon juice

"Melt butter in heavy iron frying pan. Add lemon juice and shrimp. Keep heat low so as not to brown shrimp, turning them often while cooking. When done put in individual dishes and pour pan drippings over each serving. Serve with following sauce:"

1½ cups catsup

1 tablespoon Worcestershire
sauce

¼ cup lemon juice

1 tablespoon grated horseradish

½ teaspoon salt

1 teaspoon minced celery

Onion juice

STUFFED CELERY

Mrs. Wilton Lane, of "Elderlane," fills crisp celery stalks with an avocado filling made by blending avocado pulp with lemon juice and salt to taste, or with Roquefort and cream cheese seasoned with butter, salt and pepper and small amount of heavy sweet cream.

CLAM CANAPES

A clam canape as made by Mrs. Gerard Anderson of Haw River transforms a "get-together" into a party. The process is simple.

"Mince either canned or fresh steamed clams into small pieces. Mix with cream cheese seasoned with minced onion and moistened with lemon juice. Spread on Ritz crackers or little rounds of toast."



SOUP

On a cold, raw day there is nothing more cheerful than a “singing” soup kettle bubbling with steaming savory broth. Nor is there anything more refreshing than a chilled soup when the mercury hovers near the top of the thermometer. Taking it for granted that any well-planned meal—any season—must include a prelude, we give you our soup calendar.

CHICKEN SOUP

Mrs. Roger Gant, Burlington, makes this rich chicken soup when the frost is on the pumpkin. It is a dish for any season, however, and is prepared thusly:

“Boil any chicken bones or meat until a thick broth is made. Salt, strain. Put in the refrigerator until using time. Then heat, thicken with a sauce made of 1 tablespoon melted butter with 1 tablespoon flour rubbed in. When ready to serve pour into a tureen into which two whole raw eggs have been broken and slightly beaten. Serve in bouillon cups in which 1 tablespoon of whipped cream and 3 or 4 chopped almonds have been placed. At last minute pour soup in cups over cream and nuts.”

STOCK SOUP

Mrs. Don Peters of Lynchburg, Virginia, saves all vegetable stock, thickens with flour and butter, seasons and makes heavenly cream soups. Examples: asparagus, green peas, onions, green beans, cabbage, limas, etc.

ONION SOUP

Mrs. W. T. Cheatham, Burlington, advances the well-accepted theory that onion soup is an ineffable pleasure at any season. Here it is:

6 medium onions, sliced
2 cans water

2 cans (Campbell's) beef bouillon

"Saute onions in 1½ tablespoons butter. While onions are cooking, bring bouillon and water to a boil. Add onions and simmer for 15 minutes. Serve over toast and sprinkle with grated cheese."

JELLIED TOMATO MADRILENE

Mrs. Jack Jones of Savannah, Georgia, the former Lyla Brown of Burlington, says the "Peach State" folks relish a cold jellied madrilene as a lunch or dinner preface. Here is the favorite:

"To a basic stock or consomme, add 2 cups tomato juice; ½ teaspoon grated onion, a few grains of cayenne and twist of lemon rind. Bring to a boil; add 1½ envelopes plain gelatin dissolved in ½ cup dry wine. Season to taste with salt, pepper, sugar and Worcestershire sauce; strain; cool; then set in the refrigerator to chill. Serve in broken pieces in a chilled bouillon cup. Garnish with parsley."

PAWLEY'S ISLAND CLAM CHOWDER

From Pawley's Island, South Carolina, one of civilization's most charming outposts, Mrs. William H. Clinkscales, sends her renowned Clam Chowder. The ingredients are all ground, resulting is a subtle elusive flavor.

"Grind 1 quart clams. Set aside. Now grind 1 large onion, 2 Irish potatoes, 3 stalks celery. Slowly fry the onion, potatoes and celery in butter. When tender add 2 tablespoons flour and add, with 1 pint of water, to the ground clams. Season with black pepper, salt, Worcestershire sauce and hot sauce."

Nutmeg, sprinkled on any cream soup, enhances the taste!

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BURLINGTON, N. C.

ROBERT MESSER, Proprietor



SALADS

Strangely enough the word "Salad" comes from the Italian, "Salata" meaning a salted dish. Mr. Webster, taking liberties, says that a salad is a dish of any vegetable (or fruit) prepared to be eaten raw. The modern housewife has interpreted the definition to include anything in the ice box or larder. Presented here are examples of her interpretation.

RAW CAULIFLOWER SALAD

Mrs. A. M. Carroll strips a firm head of cauliflower, adds a bit of this and that. Presto! Salata!

- | | |
|---|--|
| 1 cup cauliflower, cut in small pieces | $\frac{1}{4}$ cup green pepper or pineapple, chopped |
| $\frac{1}{2}$ cup celery, chopped small | $\frac{1}{2}$ cup broken pecans |
| 1 cup grated carrots | Onion, if desired |

"Toss the above ingredients with a French dressing."

ASPARAGUS SALAD

Mrs. C. A. Anderson chooses a cooked asparagus in an otherwise raw base served with her well-known dressing.

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|----------------------------|-----------------------------|
| 18 spears cooked asparagus | 1 cup sliced cucumber |
| 1 onion, sliced thin | $\frac{1}{4}$ teaspoon salt |
- "Chill the above ingredients and arrange on lettuce; serve with this:
- | | |
|-----------------------------------|---------------------------|
| $\frac{1}{2}$ cup French dressing | 2 teaspoons catsup |
| 2 teaspoons horseradish | 2 teaspoons pickle relish |
| 2 teaspoons chopped parsley | |

"Mix ingredients, beat well, serve on salad."

CANTALOUPE SALAD

The cantaloupe has progressed from its Greek ancestor, the "Kanthos," to a luscious salad served by Mrs. A. Glenn Holt.

"Slice and peel firm cantaloupe. Arrange in star fashion on individual salad plates on lettuce. In center heap 1 large tablespoon cottage cheese. Serve with French dressing."

STUFFED TOMATOES

Mrs. W. H. Hazard treats a stuffed tomato to a cucumber exposure and brings forth a salad course in its entirety.

Firm ripe tomatoes, peeled, cored	1/2 cucumber, grated
2 pkgs. cream cheese	3 teaspoons minced parsley
Few drops onion juice	Salt, pepper, paprika
1/2 cup heavy cream, whipped	3/4 cup mayonnaise

"Mix cream cheese, cucumber, onion juice, minced parsley and seasonings. Toss with 3 tablespoons mayonnaise. Stuff tomato with this mixture and top with dressing made from whipped cream and 1/2 cup mayonnaise."

LIMA BEAN SALAD, ITALIAN

Mrs. Robert C. Moore follows the salad rule as to color and turns to Italy to name this deviation:

2 cups cooked green lima beans	1 bud garlic
2 teaspoons chopped parsley	Salt to taste
1 Spanish onion	1 teaspoon vinegar

"Mix first 4 ingredients together using a fork. Gradually add salad oil until mixture is well marinated. Add vinegar, drop by drop. Chill thoroughly and add seasoning. Serve in a salad bowl with peeled and sliced tomatoes around edges of bowl. Garnish with onion rings and paprika. When fresh lima beans are used, rinse immediately after cooking with cold water."

GLOSSY FOLIAGE

Although this "recipe" is for the eye and not the appetite, it might well come under "Raw Greenery." Mrs. John Sharpe May decorates a luncheon table with an arrangement of glistening house-plant foliage that has been given, leaf by leaf, a subtle coating of vegetable oil. She does not advise this treatment for growing plants as the oil smothers the pores, causing lethargy.

CHICKEN MOUSSE

Frozen mousse came into being early in the 17th century. When mousse, congealed, originated is doubtful. History only enlightens us as to the derivation of the word "gelo," the Latin "to congeal." Anyway, that is unimportant. The important angle is that Mrs. Walter Harden has moussed or geloed a chicken in the salad category. Below:

2 tablespoons granulated gelatin	2 tablespoons chopped pimientos
4 tablespoons cold water	1 teaspoon salt
2 cup chicken stock or water	$\frac{1}{4}$ teaspoon paprika
3 tablespoons chopped celery	2 egg yolks
3 tablespoon chopped green peppers	1 cup whipped cream
	2 cups diced cooked chicken

"Soak gelatin in cold water 5 minutes. Add boiling stock and stir until dissolved. Add seasoning and egg yolks. Mix well. Cool and allow to thicken a little. Fold in rest of ingredients and pour into mold which has been rinsed out in cold water. Set in cold place to stiffen. Unmold and garnish with parsley, lemon quarters and hard cooked eggs. Serves 8.

SNAPPY SALAD

Taking cognizance of the lack of vitality on a tepid day, Mrs. Curtis Wrike "snaps" up an appropriate antidote.

2 tablespoons gelatin	4 tablespoons cold water
4 tablespoons chopped olives	$\frac{1}{2}$ cup celery
1 cup boiling tomato juice	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup grated cheese (pimiento)	$\frac{1}{4}$ teaspoon paprika
1 cup diced cucumbers	$\frac{1}{2}$ cup salad oil

"Soak gelatin in cold water 5 minutes. Add boiling tomato juice and stir until gelatin dissolves. Cool; add rest ingredients. Pour into molds, chill until stiff. Serve on lettuce; top with mayonnaise. Serves 10."

CRAB RAVIGOTE

Few delicacies surpass fresh crab meat. When it is blended into a subtle ravigote and served "En Coquille" as by Mrs. W. H. Wootton, Baltimore, Maryland, it comes under the *must* list for gracious and luxurious lunching.

"Mix fresh crab meat with a home-made mayonnaise and the juice of $\frac{1}{2}$ lemon. Chill thoroughly; fill crab shells or ramekins and dust with paprika and sieved hard-cooked eggs."

MAYONNAISE RING

Progress in salad "manufacture" has finally caught up with the seafoods and a happy day it was when the producer first tossed a salt-water creature into a "salata." Mrs. W. H. Stratford rings shrimp, crab meat and/or lobster to encompass a rare treat. "Dissolve 1 package of lemon jello in a scant pint of boiling water. When cool add $\frac{1}{2}$ pint mayonnaise, $\frac{1}{2}$ pint whipped cream, 2 tablespoons chives, 2 tablespoons chopped pimientos and 2 tablespoons capers. Marinate shrimp, crab, lobster in a red dressing $\frac{1}{2}$ hour before serving. At serving time place in center of mayonnaise ring which has been congealed. Garnish with tomato cubes, hard-boiled eggs, asparagus tips or any desired garnishing."

FRUIT SALADS: VARIATIONS

Gelatin, the glorious medium which since the days of the Pharaohs has been employed as a "bond," seals the beauty and goodness of fruits into scores of toothsome salads, combinations and variations.

(1) FRUIT AUX CHEESE

Mrs. R. F. Anderson contributes here several varieties of congealed fruits.

2 large cans sliced pineapple	1 can white cherries
1 pt. cottage cheese	5 oranges

"Cut up fruits; drain off juice. Then add the juice of 3 lemons; $\frac{1}{2}$ pint mayonnaise, 1 pint whipped cream, 1 box gelatin. Mix well and mold. Serves 25."

(2) PINEAPPLE SALAD, CONGEALED

2 pkgs. lime jello	1 cup crushed ice
2 cups boiling water	1 cup grated cheese
1 cup crushed pineapple and juice	$\frac{3}{4}$ cup home-made mayonnaise
	3 lemons

"Dissolve jello in hot water; add cheese and let stand 10 minutes. Add ice; pineapple then mayonnaise. Congeal. Serves 18."

"Always rinse a mold with cold water before pouring in gelatin."

HORSERADISH AUX BEETS

To tease the palate, Mrs. A. Glenn Holt "points up" a congealed ring of horseradish and beets with optional garnishing.

1 pkg. lemon jello	2 cup fresh beets, riced, or 1 can
2 cups boiling water, or beet	can beets, riced
stock	4 tablespoons prepared horse-
Juice 1 lemon	radish
	Salt to taste

"Dissolve jello in water and lemon juice. Chill and allow to partially congeal. Add beets, horseradish and salt. Pour into an oiled ring mold and chill until firm. Turn out on lettuce. Fill with Roquefort cheese dressing and surround with halved avocados filled with crab meat, or any other garnishing desired."

GINGERALE SALAD

Mrs. Curtis Wrike shreds apples with pineapple and sparkles the whole with gingerale in a congealed delight.

1 pkg. lemon jello	1 small can pineapple, cut in
2 apples, shredded	small pieces
1 cup boiling water	1 bottle gingerale

"Dissolve the jello into boiling water. Cool; add shredded apple and pineapple. Add gingerale and pour into molds to congeal."

JELLIED GINGERALE PEAR SALAD

The delicate flavor of the pear makes it the most enticing of all fruits and the most readily adapted to combinations. Mrs. J. Lewis Oliver found this out when creating the following:

2 cups canned fruit (pears sug-	4 tablespoons sugar
gested)	½ cup lemon juice
1½ cups syrup from canned fruit	2 cups gingerale
4 tablespoons plain gelatin	4 tablespoons Canton ginger
4 tablespoons cold water	Few grains salt

"Heat fruit syrup to boiling point. Add gelatin dissolved in cold water; sugar and salt. When cool add lemon juice and gingerale. Chill partially. When beginning to set stir in fruit and ginger cut in small pieces. Serve with mayonnaise and whipped cream dressing."

CRANBERRY SALAD

Mrs. Josephine Carrigan grinds cranberries into a salad which has the bouquet of blended fruits and nuts. No turkey is the same without this salad; no Christmas complete.

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|-------------------|-------------------------|
| 1 qt. cranberries | 2 oranges |
| 2 cups sugar | 1 cup black walnuts |
| 1 cup celery | 1 envelope Knox gelatin |

"Grind the cranberries and oranges. Add sugar and cook 5 minutes. While still hot, add the gelatin which has been soaked in cold water. When cool add nuts and celery. Pour into molds; chill."

CRANBERRIES, JELLIED

While not strickly a salad, cranberry jelly has often doubled for an extra course and has rarely missed a turkey or chicken plate since its ruby existence. Mrs. Cecil Gant jells these berries to perfection.

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|-------------------|-------------|
| 1 qt. cranberries | 1 cup water |
| 2 cups sugar | |

"Let cranberries and water boil 10 minutes with lid on. Put through a seive. Add sugar and stir. Let come to a boil and remove immediately. This will not jell if allowed to remain on heat after it comes to a boil!"

FRUIT SALAD SUPREME

For a congealed salad with body and flavor, Mrs. C. A. Anderson double-boils this delight:

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|------------------------------------|------------------------|
| ½ envelope Knox gelatine | 1 cup heavy cream |
| 1 teaspoon butter | 2 teaspoons cold water |
| 2 egg yolks | 3 teaspoons sugar |
| ½ teaspoon paprika | 1 teaspoon salt |
| 2/3 cup milk | Few grains cayenne |
| 2 teaspoons canned pineapple juice | 1/3 cup vinegar |
| | 1 cup prepared fruit |

"Soak gelatin in cold water 5 minutes. Melt butter and add egg yolks, well-beaten; sugar, salt, paprika and cayenne. Remove from fire and slowly add milk, vinegar and pineapple juice. Cook in double-boiler, stirring constantly until mixture thickens, then add soaked gelatin. Remove from fire and heat 2 minutes. Cool, stirring occasionally. When beginning to set add prepared fruit, using Maraschino cherries, cut into small pieces; almonds, halved. Add cream, stiffly beaten, being careful that fruit does not settle to the bottom. Pack in mold dipped in cold water and congeal until firm. Serve on lettuce with or without mayonnaise."

CHERRY SALAD

Luckily all red sour cherries do not go into pies, or we would lack a beauteous salad by Mrs. Roy Malone to add to our repertoire.

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|-------------------------|--------------------------|
| 1 can red sour cherries | 1 tablespoon lemon juice |
| $\frac{3}{4}$ cup sugar | 1 pkg. lemon jello |
| 1 cup orange juice | Pecans |

"Fill bottom of molds, or mold, with pecans and red cherries. Drain the juice from fruit, put on stove and boil for second with sugar. Add orange juice and lemon juice (should be $1\frac{2}{3}$ cups liquid). Pour over jello. Chill slightly then pour over nuts and cherries in mold. Congeal."

APRICOT SALAD

The twang of apricots, plus cream and nuts gives to this salad, by Mrs. Rodney Coleman, a rich velvety taste.

- | | |
|---------------------------------|--------------------------|
| 1 can apricots | 1 can heavy mayonnaise |
| 1 can sliced pineapple, drained | 1 cup cream, whipped |
| 1 pkg. lemon jello | $\frac{1}{2}$ cup pecans |
| 1 cup boiling water | |

"Melt jello in boiling water, allow to cool. Mix and beat other ingredients. Pour jello into this mixture, beating constantly. Add fruits and $\frac{1}{2}$ cup pecans. Pour into molds, chill."

ASPARAGUS MOUSSE

A delightful summer-time salad, especially nice with ham or fried chicken is an asparagus mousse by Mrs. Paul E. Morrow to serve 12.

- | | |
|--|---|
| 1 can all green asparagus cut into small lengths | dissolved in $\frac{1}{4}$ cup cold water |
| $\frac{1}{2}$ cup mayonnaise | 1 teaspoon salt |
| $\frac{1}{2}$ cup cream, whipped | Juice 2 lemons |
| 4 tablespoons unflavored gelatin | Few shelled, blanched almonds if desired |

"Heat the liquid from the can of asparagus and pour over the dissolved gelatin. Let cool. Fold in the mayonnaise and cream which has been whipped, salt, lemon juice and almonds. Add asparagus. When mixture begins to thicken pour into small individual molds. When congealed serve on lettuce without mayonnaise."

FROZEN SALAD

One of the most refreshing forms of a salad is frozen. The contents retain piquant flavors and may solve the salad as well as the dessert course problem. Mrs. Rodney Coleman's frozen fruit salad is such a problem-solver.

- | | |
|-----------------------------------|--------------------------------|
| 1 can Royal Anne Cherries, diced | 1 pt. whipping cream, slightly |
| 1 can pineapple, crushed or diced | whipped |
| 6 bananas, crushed | $\frac{1}{2}$ pt. mayonnaise |
| 1 bottle Marachino cherries | Pinch Salt |
| 1 cup almonds or pecans | |

"Mix thoroughly. Freeze in electric refrigerator. Will last indefinitely. To use fruit juices changes the flavor, but the salad will not be as creamy."

COMPLIMENTS OF

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Burlington, N. C.



ENTREES

SEAFOOD, MEAT, FOWL, MISCELLANY

SEAFOODS

To the seafood enthusiast, the shrimp ranks among the "head men" and his dainty form is the basis for a plethora of dishes; heady rich creoles; dunked in glowing sauce; into fritters; hot-panned in butter, or combined with others of the briny clan. Here are a few examples of the little fellow's versatility:

SHRIMP CREOLE

There seems to be a difference in opinion among our creole contributors. They all sound exciting so we give you variety.

Mrs. Robert C. Moore, who brews delicious dishes in her "Hickory Hill" kitchen, chooses the following creole from her copious store of recipes:

- | | |
|------------------------|--------------------------|
| 3 cups hot boiled rice | 2 teaspoons chili powder |
| 3 onions, sliced | 2 tablespoons fat |
| 1 tablespoon flour | 4 stalks celery, chopped |
| 1 teaspoon salt | 2 cups tomatoes |
| 2 cups green peas | 1 tablespoon vinegar |
| 1 teaspoon sugar | 1½ cup cooked shrimp |

"Saute onions and celery in fat until brown. Add flour and seasoning, then slowly add water. Cook for 15 minutes; add tomatoes, peas, vinegar, sugar and shrimps. Continue cooking 10 minutes, or until shrimps are thoroughly heated. Mold rice either in cones or rings and surround with Shrimp Creole. Serves 6."

SHRIMP CREOLE

Mrs. Frank L. McCabe, a generous contributor to this edition, offers her favorite Shrimp Creole:

1 pt. cooked shrimp	1 can tomatoes
1 No. 2 can mushrooms	$\frac{1}{4}$ teaspoon salt
2 tablespoons butter	$\frac{1}{4}$ teaspoon paprika
2 tablespoons flour (More if needed)	1 tablespoon Worcestershire
$2\frac{1}{2}$ teaspoons chopped onions	$\frac{3}{4}$ cup soup stock or liquid from mushrooms
Small bottle stuffed olives, sliced	1 pinch red pepper

"Melt butter in saucepan, add onions and brown slightly. Slowly add flour and dissolve thoroughly. Add liquid; stirring constantly. Stir in other ingredients and simmer for at least 20 minutes. A little longer gives added flavor. Serve with very dry rice, a tossed green salad and hard rolls."

(1) CRAB-SHRIMP CREOLE

Mrs. W. T. Cheatham mixes crab flakes with shrimp; adds a Creole aroma and turns out another tempting seafood dish. Here it is!

"Melt 2 tablespoons of butter in saucepan. Into the fat slowly saute 2 chopped onions. Add $\frac{1}{2}$ teaspoon flour, one can tomatoes, Worcestershire sauce to taste, one bay leaf, red, black pepper and paprika, one pint of shrimp and one pound of crab meat. Stir until thoroughly heated. Serve over dry rice."

To hot-pan shrimp, simply saute cooked peeled shrimp in hot browned butter. Season to taste—serve!

(2) CLAM FRITTERS

Mrs. Cheatham's recipe for clam fritters may also be used as the basis for shrimp and other seafoods.

"Combine 1 cup sifted flour with 1 teaspoon baking powder and $\frac{1}{4}$ teaspoon salt. Stir in $\frac{1}{2}$ cup of clam juice. Add the beaten yolks of 2 eggs. Cut clams from which the $\frac{1}{2}$ cup juice has been drained (about 1 cup, more if desired) into small pieces and add to mixture. Now fold in 2 stiffly beaten egg whites. Drop into deep fat and fry until golden brown."

ESCALLOPED OYSTERS

Competing with shrimp for top place on the seafood platter is the oyster (served by moderns the year around). Making the competition interesting is Mrs. A. K. Hardee's (Graham) escalloped oysters en casserole.

"Drain and pat dry 1 quart of oysters. Into a baking dish arrange a layer of oysters alternating with a layer of browned bread crumbs. Sprinkle each layer of oysters with salt and pepper and pieces of butter. Continue this process until all are used. The top layer should be bread crumbs dotted generously with butter. The secret of this good dish is to be sure that the oysters are dry and to use plenty of butter as no other liquid is used. Bake in moderate oven until oysters are tender."

ROASTED OYSTERS

A neat coast custom is to wrap oysters (in the shells) in a wet burlap sack, stick the bundle into a hot Dutch oven—or in regular oven — and roast until the shells pop open. Serve with hot drawn butter and take along a bib. Clams may also be roasted in this manner.

OYSTERS A LA ROCKEFELLER

Mrs. Leon Ellis, Greensboro, wangled from the chef of a famous New Orleans restaurant the following recipe for the internationally known Oysters A La Rockefeller.

Allow 5 or 6 oyster shells for each person; 2 oysters to each shell.

4½ ozs. strained spinach	4 tablespoons chopped parsley
(Small can baby spinach)	2 small green onions
½ head lettuce	8 stalks celery hearts
8 strips broiled bacon	

"Grind or mince all ingredients. Mix and season to taste with lemon juice, butter, salt, red and black pepper and a little horseradish. Fill a shallow pan with rock salt. Place 5 or 6 shells filled with oysters on the salt. Place 2 oysters in each shell and cover with the spinach sauce. Sprinkle with bread crumbs and dot with butter. Cook in a 350° oven for 10 minutes. Serve immediately. Garnish with parsley.

"As a main dish, oysters with the spinach sauce may be used in alternate layers and baked (in a casserole) for 30 minutes."

BROILED LOBSTER

From Maine to Florida lobster is a choice delicacy; broiled; hot or cold.

Mrs. Chadbourn Bolles, Charlotte, broils lobster in the following fashion:

"Select large lobster (Maine, if possible); split the alive lobster down center and remove vein from tail section; remove liver if not desired. Place on rack in broiler pan and pour into pan enough water to form steam. Place in hot oven—450° or 500°—and cook for about 15 minutes to the pound. Serve at once with hot drawn seasoned butter and shell crackers. Garnish with lemon juice and lemon. Do not salt before cooking as this toughens meat."

LOBSTER A LA NEWBERG

Mrs. David Harman, who originates new and different dishes, contributes here her Lobster Newberg made with sweet cream base.

"Mix, preferably in a chafing dish or double-boiler, 2 cups of boiled lobster meat with 2 tablespoons melted butter; 1 wine glass of Sherry; salt and cayenne to taste. Add 3 beaten egg yolks which have been mixed with 1 cup of sweet cream. Stir for 2 or 3 minutes until the desired thickness is obtained. Serve piping hot."

SALMON LOAF

Pink salmon is a universal favorite. Made into a loaf by Mrs. Lewis F. Schenck, the merit of this succulent fish is undisputed.

1 lb. can salmon

1 teaspoon salt

Evaporated milk

1 egg

1 cup soft bread crumbs

Few grains pepper

"Drain the liquid from the salmon and add to this enough milk to make 1 cup of liquid. Mix the salmon, crumbs, liquid, salt, beaten egg and pepper together. Pack into a greased loaf pan. Bake in moderate oven for 35 to 45 minutes."

(1) CHOW MEIN

It is said that there is nothing oriental about Chow Mein except the name (It originated in the U.S.A.). By any phrase-

ology this recipe by Mrs. Robert C. Moore would be exotic. Exceptional too, are the Roast Leg of Lamb and Corned Beef Omelet by the same contributor.

½ lb. beef, cut fine	Red pepper
½ lb. lean pork, cut fine	2 cups onions, chopped
2 cups chopped celery	1 can noodles
1 can bean sprouts	1 can mushrooms
1 can water chestnuts	1 tablespoon sugar
4 tablespoons Chow Mein sauce	1 tablespoon flour
1 tablespoon bead molasses	

“Fry meat 10 minutes. Add celery, onions and liquids from bean sprouts. Add chestnuts. Cook until vegetables are done. Add flour and other ingredients. Cook until thick. Serve on dry rice and break noodles over top.”

(2) ROAST LEG OF LAMB

“Rub leg of lamb well with flour mixed with salt, pepper and a few grains of ginger. Then drench with ¼ cup melted butter, 2 tablespoons Worcestershire sauce and a few drops of lemon juice. Bake in oven at 350° until tender, basting often. Serve with pan gravy and mint sauce.”

Mint Sauce

“Dissolve 1 tablespoon powdered sugar in ½ cup boiling vinegar, pour mixture over ¼ cup chopped mint leaves. Keep hot in double boiler 30 minutes before serving. Add salt. Serve.”

(3) CORNED BEEF OMELET

3 cups corned beef, cut very fine	1 onion, minced
2 cups cooked potatoes, finely cut	2 tablespoons butter
3 tablespoons milk	Pepper to taste

“Add onion to beef and heat in skillet with butter until mixture begins to brown. Add milk, cook, stirring occasionally until mixture is thoroughly heated. Then press down evenly into pan. Continue cooking with low heat until mixture browns evenly. Cut through the center and fold over like an omelet. Serve with poached eggs on green pepper sauce. Garnish with parsley.

BRAISED TONGUE

Tongue, which comes in cans more often than fresh from

the butcher, is a standard delicacy in many sections. Mrs. W. S. Coulter, Greensboro, tells us here how to braise a fresh tongue and serve it with a savory sauce.

“Put a fresh tongue in a large kettle and cover with boiling water. Cook slowly for 2 hours. Take from the water and remove skin and roots. Place in a deep pan and surround with $\frac{1}{3}$ cup each of diced carrots, onions, celery and one sprig of parsley; then pour over this 4 cups of prepared sauce (recipe below). Cover tightly and bake for 2 hours, turning after the first hour. Serve on platter and surround with strained sauce.”

Sauce

“Brown $\frac{1}{4}$ cup butter; add $\frac{1}{4}$ cup flour and stir together until mixture is well browned. Gradually add 4 cups of stock in which tongue was boiled. Season with salt, pepper and 1 teaspoon Worcestershire sauce. $1\frac{1}{2}$ cups stewed strained tomatoes may be substituted for like amount of stock.”

FROG LEGS POULETTE

It is a long jump from the Mill Pond to this creamy “poulette,” by Mrs. D. C. Plemmons, but these “chickens of the lake,” made it!

8 prs. frog legs	2 egg yolks
3 tablespoons fat	$\frac{1}{2}$ cup cream
3 tablespoons flour	$\frac{1}{2}$ teaspoon lemon juice
1 cup chicken stock	$\frac{1}{2}$ teaspoon chopped parsley
$\frac{1}{2}$ teaspoon salt	Toast
Pepper	

“Clean, separate frog legs, cook slowly 10 minutes in fat, being careful not to brown. Remove legs, add flour to fat. When smooth slowly add chicken fat. Stir until sauce boils; add salt, pepper and frog legs. Simmer until tender. Add egg yolks lightly beaten with cream; stir until very hot but do not let sauce boil. Add lemon juice and parsley and serve on toast.”

LAMB CHOPS AU WINE

Bringing out the rich flavor of broiled lamb chops is this twangy method of preparation by Mrs. A. Glenn Holt.

“To serve 4, select 4 thick lamb chops and broil to desired state. Remove chops. Into the pan drippings add 1 cup of (or cube) chicken soup or bouillon, a little browned flour, enough to thicken gravy, and add 1 cup Sherry wine, salt and pepper to taste. Serve over or with chops.”

KRAUT ZORINA

Europeans long ago found that Kraut was a dish to be respected and subsequently have paid tribute by using the humble cabbage leaf as a basis for many dishes. In this country the education to kraut has been slow, but sure. No wonder, when gourmets run across recipes like the following by Mrs. W. L. Shoffner.

“Saute $\frac{3}{4}$ pound each of diced veal and pork, using butter for fat. Add one can of Kraut. Cover and allow to cook for about one hour or until the meat is tender. Just before serving, add $\frac{1}{2}$ pint of sour cream.”

SWEETBREADS

Now that sweetbreads are back on the market, those fortunate enough to find this delicacy will delight in the recipe furnished by Mrs. Frank Hall of Reidsville, formerly Mrs. Helen Pruden of Greensboro.

“Select 1 set, or about 1 pound, of sweetbreads. Soak for about an hour in cold water to which 1 tablespoon of vinegar has been added. Drain after first water and repeat process. Boil in this water for around 20 minutes, or until tender. Do not boil longer or sweetbreads will become mushy. Remove carefully and remove membrane and roots. Now the breads may either be quickly broiled in hot butter until brown and served immediately, or cut up and added to a thick white sauce seasoned with Sherry wine and served in patties or on toast. Another suggestion is to dip sweetbreads in batter and fry in butter. They may also be scrambled with eggs like brains.”

CHICKEN SUPREME AU NUTS

A supreme way of serving chicken is a la the method of Mrs. Elwood Parkerson. A flavor of Sherry is a noticeable asset.

Meat from 1 small hen, chopped	1 cup chopped nuts (almonds)
2 tablespoons chopped pimientos	2 cups fresh mushrooms, chopped
Chicken stock, skimmed of grease	Sweet cream

“Season chicken stock with salt and pepper to taste. Make a standard white sauce, using thick cream and flour to thicken. Saute mushrooms in butter until tender. Add all ingredients to white sauce and simmer until serving time. Flavor with Sherry wine.”

SPANISH CHICKEN AU RICE

The colorful Spaniard flavors his food as flamboyantly as he decorates his house and person. A chicken from a Spanish Gourmet's note book, could be no more authentic in character than this recipe by Mrs. Robert C. Moore.

3 large (around 2¾ lbs.) fryers	Ginger
Dash cayenne pepper	1 bay leaf
2 large onions, chopped fine	2 cups rice
1 cup melted butter	½ cup olive oil
2 green peppers, chopped fine	2 cloves garlic, grated
1 can tomatoes	1 pimiento
2 lbs. fresh garden peas	1 lb. mushrooms
⅛ teaspoon saffron	1 cup soup stock
1 hard-cooked egg	Minced parsley

"Rub chicken with salt, pepper, paprika, cayenne and a few grains of ginger. Put into a greased baking dish with garlic, celery, onion, bay leaf and butter. Place in hot oven and brown quickly. Cover and cook slowly for 45 minutes, basting often. Wash rice, add olive oil, remaining vegetables and add water to cover. Cook slowly, covered, 20 minutes. Boil saffron in soup stock 3 minutes. Add rice and season to taste. Continue cooking 25 minutes. Place ½ rice mixture in large casserole, add chicken and cover with the remainder of rice mixture. Sprinkle with hard-cooked egg and chopped parsley. Bake at 350° for 20 minutes. Serve hot. Serves 12."

A good rub-down with ground ginger peps up chicken or game!

BREADED CHICKEN

Mrs. Roger Gant, whose Brookwood house is famed for hospitality and her kitchen for varied recipes, breads chicken like this:

1 large frying-sized chicken	2 egg yolks
1 cup bread crumbs	2 heaping tablespoons butter
1 teaspoon salt	¼ teaspoon pepper
1 teaspoon chopped parsley	

"Dip chicken into beaten egg yolks to which 2 tablespoons of milk have been added, then into bread crumbs seasoned with salt, pepper and parsley. Put into roaster or baking pan. Pour over this 1 pint of hot water. Dot chicken with butter and bake 1 hour, constantly basting. Next rub together 1 tablespoon butter with 1 tablespoon of flour and mix with 1 cup milk. Pour this over chicken; allow to cook until thick. Serve.

BROWN FRICASSE

Mrs. Emerson T. Sanders found Brown Fricasse a favorite Alabama dish which is equally as popular in any locality. The procedure is fairly simple and needs little assistance to serve as a complete meal.

"Dress and disjoint 1 roasting sized chicken. Put 4 tablespoons of butter into a saucepan and heat. Dust the chicken with flour and saute until nicely brown in the hot butter. Draw chicken to one side of the pan; add 4 tablespoons of flour and mix thoroughly with the fat. Now add 1½ pints of water; 1 salt-spoon of celery seed, 1 salt-spoon of black pepper, 1 sliced onion, 2 bay leaves and 1/8 teaspoon of curry powder. Cover pan and cook until tender, basting frequently with the sauce. When done pour over the sauce and serve with toast triangles and parsley; sprinkle chopped parsley over the chicken. Mushrooms may be added to the sauce just before serving time."

(1) CHICKEN TOURRAINE

To answer that question, "What shall I serve for a sit-down party?" Mrs. Frank Moore offers her Chicken Tourraine and Chicken Tarts. These recipes also sound like the perfect solution for Sunday dinner.

"For Chicken Tourraine, select a large fat hen, steam until tender then mince fine. Now cream 4 tablespoons of butter with 4 tablespoons of flour; add 1 cup of sweet milk and 1 cup of chicken stock and cook until smooth. Season with 1/2 teaspoon salt, red and black pepper to taste. Add the cream sauce, 1 small can of chopped mushrooms and seasoning to taste to the minced chicken. Heat, add 1/2 cup of Sherry wine and 2 tablespoons lemon juice. Serve on toast or in patties."

(2) CHICKEN TARTS

Prepare a standard white sauce creamed chicken recipe, thick. Allow mixture to cool. Make regular pie-type pastry and roll about 1/8 inch thick. Cut pastry into 6 inch squares. In the center of each square, place 1 large tablespoon of the creamed chicken. Wet pastry edges, fold over in triangular shapes and press edges together. Brush with milk and bake in a hot oven (450°) for 15 or 20 minutes. Serve with sauce made from the chicken broth and thickened with hard-cooked eggs and finely chopped chicken giblets.

CHICKEN SUPREME

Chicken A La King, "in the manner of a king," has long been a tried and tested way of proving the superiority of fowl as an entree. In royal stride is this method by Mrs. R. F. Anderson.

"Use 2 cups of cold chicken, cooked until very tender. Make a sauce by melting into a saucepan 4 tablespoons chicken fat; add 2 tablespoons cornstarch and blend by stirring. While stirring, gradually add 1 cup chicken stock, 1 cup milk and $\frac{1}{2}$ cup cream. Bring to the boiling point and fold in 2 lightly-beaten egg yolks. Serve hot.

TURKEY HASH

Mrs. Finley L. Williamson likes nothing better than to plan an "Old South" breakfast for around thirty guests. The piece de resistance is her famous turkey hash complemented by broiled grapefruit halves or iced orange juice; well-done hominy grits, buttered; eggs a la chafing dish scrambled with rich cream; small round cakes of highly-seasoned choice pork sausage, beaten biscuit and hot strong coffee! Here is the hash:

"Put all meat—white and dark—from a cold, brown-roasted turkey of about 15 pounds (dressed) size in a bowl. Break up all of the bones, so as to get them into a deep pot (Economy Cooker size); cover bones with cold or tepid water and simmer for 2 or 3 hours, or until the stock has strength and flavor. Add leaves of a stalk of celery and an onion to cooking stock. Stir occasionally and add a little salt. While stock is brewing, cut up all of the meat (not too small) including the skin, but little fat, discarding all sharp bones and cartilage. If fowl was roasted without stuffing, now crumble 1 small loaf of bread; toast lightly in moderate oven seasoning with: 1 heaping teaspoon black pepper, $1\frac{1}{2}$ tablespoons poultry seasoning, 2 or 3 cups of chopped celery stalks, 1 large onion (chopped), salt to taste. Moisten the crumbs with some of the stock and let stand. Celery seed may be substituted for celery. When the essence of bones has been absorbed in stock, strain; return to large pot and pour in the cut meat. Stir occasionally for blending and simmer (do not

boil furiously at any time) for about an hour or more; then pour in the seasoned crumbs and stir often to prevent sticking or burning. Cook for at least $\frac{1}{2}$ hour longer. If hash is made the night before for breakfast, it is all the better for ripening. In the morning just reheat to boiling point then add 2 pounds of good butter and serve on rounds of toast or with hot waffles or pan cakes made of flour or corn meal."

TURKEY-IN-THE-BAG

Mrs. Don S. Holt, who cooks everything to a turn, including ceramics, says the most simple way to roast a turkey — unstuffed — is in a bag.

"Rub carefully dressed bird all over with good cooking oil or butter. Sprinkle very lightly with salt and flour. Inside of turkey rub 1 teaspoon of salt for every 5 pounds of dressed meat. Put in a large paper bag (any type which will fit), roll the ends tightly and place on any roasting pan convenient. Set oven at 300°. Do not open bag to baste. Just follow the chart below and go to a football game; to the hairdresser, anything!

Cooking Chart

7 to 10 lbs. —	30 minutes per pound
10 to 15 lbs. —	20 minutes per pound
15 to 18 lbs. —	18 minutes per pound
18 to 20 lbs. —	15 minutes per pound
20 to 23 lbs. —	13 minutes per pound

"When turkey is done, remove from the oven and allow to stand for 5 or 10 minutes, then cut top of bag and lift out the golden brown bird. In the bottom of bag there will be plenty of rich stock which can be diluted for gravy or dressing. An apple, or $\frac{1}{4}$ cup of wine may be placed inside of the turkey before he is put into the bag. The giblets should be boiled separately and if slowly simmered will be tender about the same time the turkey is ready for the platter. Dressing should be made and baked separately."

LONG ISLAND DUCK

Mrs. Alan Cucullu of Charlotte, formerly of Burlington, roasts a Long Island duck by stuffing the bird with a favorite

poultry dressing, rubbing it with pepper, salt, flour and blanketing with a sauce made of Heinz 57 Sauce, wine vinegar, white wine, Worcestershire sauce and tomato catsup. Lay strips of bacon across the breast, set the oven at 350° and cover bird until it is tender and lightly brown. This is still a Long Island duck, but different!"

BAKED SQUABS

A plump little baked squab is one item on the menu which neither receives nor deserves any except the "seat of honor" as an entree. Mrs. Cecil Gant tells us how to brown these, to turn on a wedge of toast.

"Select 4 squabs, dress and split along backbones, season with salt and pepper. Flatten breastbone and put birds into a baking pan with $\frac{1}{2}$ or $\frac{1}{4}$ slice of bacon across breast. Cook in hot oven until brown. Turn over, cover and reduce heat and simmer until tender. Thick pan stock for gravy. Serve on toast or as desired."

BRUNSWICK STEW

The exhaltation of all stews is the "Brunswick"; a blending from many lands into a dish as panoramic as the American "melting pot." Mrs. Lawrence E. Neese makes this famous old stew with a new flavor, to serve 6. The secret of this "meal" is to carefully follow instructions!

3 tablespoons bacon fat	Dash pepper and cayenne
1, 4 to 5 lb. chicken (a nice	$\frac{1}{2}$ teaspoon sugar
plump one, disjointed	1 box small fresh or frozen
Salt and pepper	lima beans
2 cups water	1, 12 oz. can corn, niblet, or 3
1 No. 2 can tomatoes	ears fresh
$\frac{1}{2}$ cup white wine	1 cup toasted bread crumbs
3 onions, sliced	$\frac{1}{8}$ lb. butter

"Melt bacon fat in cast iron skillet, brown chicken pieces which have been rubbed with salt and pepper. Add water, tomatoes, white wine, onions and sugar. Cover skillet and cook over low fire until chicken is tender. ($1\frac{1}{2}$ to 2 hrs.) Remove chicken from bones and return meat to pot. Add frozen limas and corn and cook about 30 minutes, or until the beans are tender. Add bread crumbs, salt, black pepper, (add by degrees, tasting as you go) and cayenne. If chicken is not

particularly fat, you may add a little butter for richer flavor. Make this dish a day before serving so that the flavors blend. 6 generous servings."

PORK LOAF

Pork, in its main forms, is an ever-present member of the American family. From his pickled feet to his bristles (for brushes) he is usable and preservative. Mrs. J. Lewis Oliver selects him in two of his most charming modes, fresh and preserved (ham) and makes a loaf "out of this world."

- | | |
|---------------------------------|--------------------------|
| 1 lb. lean fresh pork, and | 1 egg |
| 1 lb. cured ham ground together | 1 tablespoon cream |
| 1 cup bread crumbs | 1 tablespoon lemon juice |
- "Combine and steam together for 3 hours."
-

PORK ROAST A LA ESPANOL

As exciting as a parade is this version of pork by Mrs. Joseph P. Kelly, who makes out a guest list of around 6, stuffs a roast, and—well, that is all there is to it—but enough!

- | | |
|------------------------------|------------------------------------|
| 3 lbs. loin of pork | 1 tablespoon chili powder |
| 1/3 cup green pepper, minced | 1/4 cup brown sugar, firmly packed |
| 1/3 cup onion, minced | 1/2 teaspoon salt |
| 1 clove garlic, minced | 1/2 cup sliced ripe olives |
| 1/4 cup salad oil | 1 cup seedless raisins |
| 2 8-oz. cans tomato sauce | 2 cups cooked rice |
| 1 cup hot water | |

"Make a stuffing mixture of the following: Saute green pepper, onion and garlic in oil until tender. Add tomato sauce and hot water; bring to boil. Combine with chili powder, sugar, salt and 1/4 cup water, add with olives and raisins, to sauce; boil 4 minutes. Add 1/4 cup of this sauce to cooked rice. Have the butcher loosen pork from bones just enough to form a pocket; stuff pocket with rice mixture. Cook covered in Dutch oven (moderate 350°) for 1 hour. Pour rest of sauce over roast; continue cooking for 1 to 1 1/2 hours, basting frequently."

COUNTRY HAM

Oscar Wilde once quipped, "Only dull people are brilliant at breakfast!" His remark, perhaps, arose because he knew of none boasting country ham with grits and gravy at the

morning meal. Fry it, boil it, bake it, but country ham is "what am" to the Southerner. Here is how Mrs. Robert C. Moore prepares country ham, boiled.

- | | |
|--------------------|--------------------------|
| 1 whole ham | 2 cups vinegar |
| 1 cup molasses | 1 tablespoon dry mustard |
| 2 cups brown sugar | 1 handful whole cloves |

"Soak ham overnight in cold water to cover; change water in the morning. Place ham in a large container with tight lid and fill with $\frac{3}{4}$ water to which all seasoning has been added. Boil hard for $\frac{1}{2}$ hour; reduce heat and cook slowly until a fork will stick to the meat. This usually takes around 5 hours."

BAKED HAM IN MILK

Ham in milk is another typical southern dish and will make brilliant people out of the dull for breakfast, brunch, lunch or dinner. Mrs. William Rosevear, Greensboro, is the contributor.

- | | |
|-----------------------------|------------------------------|
| 1 thick slice of smoked ham | 2 tablespoons brown sugar |
| 1 tablespoon dry mustard | $1\frac{1}{2}$ cups hot milk |

"Combine sugar and mustard together and rub well into both sides of ham. Place in casserole, cover with hot milk and cook slowly until tender."

HAM LOAF

Ham is good to the bone and every ounce may be utilized into some tasty dish. Here is the way Mrs. Joseprine H. Carrigan converts cooked chopped ham into a loaf.

- | | |
|------------------------------|--------------------------------|
| 2 cups cooked chopped ham | 1 cup soft bread crumbs |
| 1 egg | $\frac{2}{3}$ cup milk |
| $\frac{1}{4}$ teaspoon salt | $\frac{1}{4}$ teaspoon paprika |
| 2 tablespoons chopped onion | 2 tablespoons chopped parsley |
| 2 tablespoons butter, melted | |

"Mix all ingredients and pour into buttered loaf pan. Bake 30 minutes in moderate oven. Unmold carefully."

Gourmet, the famed food magazine, advocates frying eggs in a lukewarm pan in hot, but not boiling fat.

To coat a ham for baking, mix 1 pound of brown sugar with $\frac{1}{2}$ cup flour; moisten to a thick paste with vinegar. Coat thickly on ham and stick with cloves.

HAM EN CASSEROLE

At the Episcopal Rectory one of the favorite ham dishes is en casserole. Mrs. Lewis F. Schenck, wife of the Rector, tells us how this is prepared.

1 cup ground cooked ham	1/3 teaspoon ground cloves
3 cups cooked rice	Dash red pepper
1 green pepper, chopped fine	Salt to taste
2 or 3 bay leaves	

"Mix the above and place in a greased casserole. Pour over 1 large can of tomatoes. Place in 350° oven and bake for 30 minutes. Serves 4."

Ever try frying bacon strips that have been dunked in cold water? Slowly, of course; drain on paper.

HAM IN COCA-COLA

Mrs. J. Whitney Cunningham of Sumter, S. C., selects a medium-sized cured ham, pours over enough bottled Coca-Colas to fill vessel about 1/2 full; covers and boils until tender. As liquid boils out more "cokes" are added. "Ham cooked in this method, Mrs. Cunningham says, needs no other seasoning or sugar coating. When removed from stove, it is ready to serve."

BARBECUED SPARERIBS

Mrs. Don S. Holt, who has given us such unusual recipes such as her "Chicken-in-the-bag", etc., offers barbecued spareribs:

"Cut 3 or 4 pounds of spareribs into convenient serving pieces. Sprinkle with salt. Slice 2 medium onions. Now mix the following barbecue sauce by blending:

2 tablespoons vinegar	1 pinch red pepper
1 tablespoon Worcestershire sauce	3/4 cup tomato catsup
2 tablespoons brown sugar	1/4 teaspoon black pepper
1/2 teaspoon each, paprika and chile powder	3/4 cup hot water
	2 teaspoons salt

"Arrange ribs, onions and sauce in layers in roasting pan. Bake, covered, 90 minutes in moderate (350°) oven. Remove cover and bake 20 minutes at 375°. Serves 6. Pork chops or venison may be barbecued in the same manner."

MEAT SOUFFLE

Mrs. Eugene Holt believes in the old adage that any good product may be "souffled." To prove this point she serves the following choice meat souffle made from a basis of cold chopped meat.

1 cup cold chopped meat	1 egg yolk
½ green pepper, chopped	1 cup milk
1 tablespoon flour mixed with small amount of cold milk	1 white egg, beaten

"Mix the above ingredients well, and heat thoroughly. Add the beaten egg white and bake for 30 or 40 minutes."

MEAT LOAF

Mrs. R. H. Roney, who spends a lot of time "cooking up" delicious dishes, gives us the following meat loaf made of ground steak.

1½ lbs. ground round steak	1 medium onion, diced fine
½ green pepper diced	4 medium white potatoes, cooked, mashed
2 eggs	
1 cup tomato catsup	

"Mix all ingredients well. Shape and place in oven on baking sheet. Garnish the top of loaf with catsup and several strips of bacon. Bake until well done in moderate oven."

VEAL LOAF, GELATIN

What could be more refreshingly delicious, on a warm summer day than this appetizing veal loaf congealed with garnishing by Mrs. R. H. Holland of Wilmington, N. C.

1 lb. veal meat from shank	1 small onion
½ teaspoon salt	2½ cups water
½ teaspoon celery seed	1 tablespoon gelatin
Juice ½ lemon	

"Cook meat until tender. Remove meat and either grind or chop. Add enough Campbell's beef consomme to make 2¼ cups stock. To this add: 1 tablespoon gelatin dissolved in water, lemon juice and red pepper to taste. Simmer a little. Line a bowl or mold with sliced hard-boiled eggs and chopped green peppers, pour in meat mixture and stock. Congeal, turn out and serve."

HARLEQUIN LOAF

Harlequin, meaning "as changeable as April showers," gives this summertime meat loaf, by Mrs. George A. Long, liberty to serve its charming purpose at any meal, any season, and its layers are as "harlequin" as its name.

"To 6 cups of highly seasoned chicken soup or consomme, brought to a boil, add 3 envelopes of gelatin dissolved in $\frac{1}{2}$ cup cold water. Stir until thoroughly dissolved. Set aside, but do not place in refrigerator. For the first layer take 2 cups diced tongue in a bowl and stir in 2 cups consomme, and pour into a straight-sided loaf pan, 12 in. by 4 in. by 3 in. Let set until stiff. Mix 2 cups finely chopped cooked veal with $\frac{1}{2}$ cup minced green peppers, 1 little onion, $\frac{1}{2}$ cup cream, whipped stiff, and add 2 cups of consomme. Pour on top of other layer which has already congealed. Let these 2 layers congeal. Now add 2 cups chopped cooked ham with consomme and pour on as a final layer and let whole loaf chill until very firm. Unmold and serve in slices."

EGGS AUX MUSHROOMS

In French it is "Haute Cuisine"; in Italian, "Cucina Grande." But in the U.S.A., eggs stuffed with mushrooms by Mrs. George Harden of Graham, are simply swell!

2 tablespoon butter	2 tablespoons Carnation milk
$\frac{1}{4}$ lb. mushrooms	$\frac{1}{4}$ cup almonds, blanched and chopped
2 tablespoon flour	1 cup boiling water
$\frac{1}{2}$ teaspoon salt	Buttered bread crumbs, salt and pepper
1 cup Carnation milk	
6 hard-boiled eggs	

"Clean mushrooms; chop stems, but leave caps whole. Saute mushrooms in butter. Remove mushrooms. Add flour to the butter, stir to blend. Add boiling water and cook until thick, then add the cup of milk and salt. Cut eggs in half; mash yolks with chopped mushroom stems; almonds and the 2 tablespoons milk. Refill egg whites with this mixture. Put into buttered baking dish with mushroom caps. Pour sauce over eggs. Top with buttered bread crumbs and brown in moderate (350°) oven."

CHEESE SOUFFLE

Without an occasional cheese souffle to whet the appetite, life would indeed be a dreary affair. Knowing this, Mrs.

Graves Holt instructs in the gentle ways of this morale-lifter.

½ cup milk, scalded

½ tablespoon butter

½ cup bread crumbs

Salt to taste

½ cup cheese, cut in pieces

2 eggs, beaten separately

“Mix lightly all ingredients except the eggs, blend thoroughly. Add the lightly-beaten egg yolks and fold in stiffly-beaten egg whites. Pour into greased baking dish and bake about 25 minutes in 350° oven, or until souffle is firm in the center. Serve immediately. Currant jelly is a good companion.”



VEGETABLES

A brief study of the history of the vegetables (anything having the characteristic of a plant), discloses that the education in this field is without gastronomic parallel. Several centuries ago there were few known edible plants; the methods of cooking were lethargic and monotonous. Trail-blazing gourmets, aided and abetted by research, have lengthened the list to include scores of delectables scorned by our forefathers as "weeds." Methods of preparing vegetables have been revolutionized until today in many households meat is playing second fiddle. A glance through our vegetable department and this is understandable.

STUFFED EGGPLANT

From an ordinary eggplant Mrs. David Harman makes a "thing of beauty" with a perky stuffing.

"Select 1 eggplant. Cut off top section and remove pulp. Cook pulp in small amount of water until tender. Drain. Saute 1 chopped onion and 1 stalk of chopped celery in butter and add to pulp. Add 1 cup of chopped cooked ham and 2 chopped hard-boiled eggs. Season with salt and pepper, place in eggplant shell and bake in 350° oven until brown."

A "MUST"

Mrs. J. Stratton Lawrence of New Orleans says a teaspoon of sugar and lemon juice is a "must" in any green vegetable.

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EGGPLANT SOUFFLE

Mrs. R. H. Roney turns an eggplant into an airy souffle.

"Boil in salt water 1 medium eggplant, peeled and diced. Make a white sauce of: 2 tablespoons butter, 2 tablespoons flour, 1 teaspoon salt, pepper to taste, 1 cup sweet milk. Add to sauce: 2 beaten egg yolks, 1 cup grated cheese, 1 tablespoon grated onion, 1 cup soft bread crumbs and 2 tablespoons tomato catsup. Fold in 2 stiffly-beaten egg whites and diced eggplant. Bake in greased baking dish, in medium oven, 30 to 40 minutes."

GREEN BEANS AUX ALMONDS

As tasty as almond paste are beans cooked in this fashion by Mrs. W. N. Jefferies.

"Split 1 pound of green beans (French style) and cook until tender in salt water. Add 1 can mushroom soup, juice of $\frac{1}{2}$ lemon; $\frac{1}{4}$ cup of blanched split almonds. Heat and serve."

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STRING BEANS, ESPANOL

Mrs. J. E. Austin, Charlotte, serves string beans in an old Spanish style.

"Prepare 1 pound string beans by splitting them (French style) lengthwise. Slice 3 medium onions; 3 firm ripe tomatoes in slices $\frac{1}{8}$ inch thick. Do not peel. Into a heavy cooking vessel, lay several strips of side meat. Allow meat to cook slowly until fat has cooked out. Alternate on meat and fat, layers of beans, onions and tomatoes, seasoning each layer with salt, pepper, sugar and Worcestershire sauce. Add small amount of water. Cook fast for 15 minutes, reduce heat and let simmer until until beans are tender. If vegetables dry out pour in little boiling water. Serve in wedges so that each person will receive an equal portion of all vegetables."

ESCALLOPED CABBAGE

Miss Corinna Harper Gant lifts cabbage into a glorified casserole.

"Steam 4 cups of shredded cabbage in double-boiler 15 minutes, using no liquid. Make a white sauce by blending 1 tablespoon butter with $\frac{7}{8}$ cup milk, 1 tablespoon flour and seasoning with salt and dash of cayenne. Place layers of cabbage in casserole alternating with 4 tablespoons of grated cheese. Pour over all the white sauce. Top with buttered bread crumbs and bake until brown."

CORN RING

Early American Indians would be amazed to see what delightful things have happened to their parched "Maize." Mrs. Robert Hodges, Long Island, N. Y., designs a "ring" of corn which completely transforms the ancient kernel. "Heat $2\frac{1}{2}$ cups corn with $2\frac{1}{2}$ cups sweet milk, 3 tablespoons green peppers and 2 cups of soft bread crumbs. Do not allow to boil! Add 3 slightly beaten eggs, stirring constantly. Season with salt and pepper to taste, and pour into a well-greased ring mold. Place in pan of hot water and bake at 350° about an hour, or until a knife comes out clean. Unmold carefully and serve with crab meat in center of ring."

HOT SLAW

Mrs. W. S. Coulter, Greensboro, shreds cabbage into a glowing slaw.

"Cook $1\frac{1}{2}$ cups shredded cabbage in salted water 15 minutes. When tender add 1 tablespoon shortening. Make a sauce of 2 tablespoons vinegar, $\frac{1}{3}$ cup cream and season with pepper to taste. Combine hot sauce with cabbage and cook until well blended."

CORN ESPANOL

Mrs. E. D. Joyner converts the American Corn into a tempting Spanish luxury which makes a nice stuffing for tomatoes.

"Melt $\frac{1}{4}$ stick of butter in a heavy saucepan. Saute in the hot fat; 1 small minced onion; $\frac{1}{4}$ medium green pepper, minced; 1 tablespoon minced pimiento. Add 1 can whole-grain (Niblet corn) and cook until juices have evaporated. Meanwhile, dice 1 large ripe tomato. Just before serving toss in the tomato, season with salt and pepper and remove from heat. Garnish with grated American cheese or cottage cheese, sprinkle with paprika."

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IRISH POTATOES

The Irish potato is and can be served in more different ways than perhaps any other vegetable on the world's menu. Its uses are legion and its blandness unrivaled as a combination asset. We boil them, pour over a creamy white sauce garnished with grated cheese or parsley. They go into hash, they are creamed with butter and milk and sprinkled with paprika (never black pepper) : they are baked and eaten red hot with butter, or baked and stuffed with cheese and onions. Onions flavor Irish potatoes, creamed. They are mixed with cooked celery, hard-boiled eggs, green peppers, etc. Potatoes are escalloped with a rich seasoning of butter and milk.

Mrs. W. H. May of "Willheli" adds mushrooms and onions to an escalloped casserole.

Mrs. Garvin May of Burlington, coats Idahoes with resin and bakes them in hot coals.

Mrs. Fred Frizzell, Jr., parboils potatoes for French-frying 4 minutes before frying them in deep fat.

The ways of the potato would fill SOUP TO NUTS. We can only segregate a few out-of-the-ordinary of its habits.

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ASPARAGUS EN CASSEROLE

Asparagus was once an untamed spear and its wonders unknown. The spears are lime-lighted into an almond flavored casserole by Mrs. William Bailey. "Line a baking dish with 1 can of green asparagus spears cut in halves. Alternate layers of asparagus with layers of 3 hard-boiled eggs, chopped. Sprinkle over each layer chopped almonds ($\frac{1}{4}$ cup). Repeat until dish is filled. Pour over $1\frac{1}{2}$ cups cream sauce, cover with bread crumbs and top with grated cheese. Run into oven until thoroughly hot and browned."

FRIED ASPARAGUS

Asparagus is delightfully different when fried by Mrs. Robert J. Powell, Sr.

"Drain 1 can of asparagus. Beat together 2 eggs, $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon pepper. Dip each asparagus stalk into egg batter, then into cracker crumbs. Fry in fat, not too deep. Serve at once."

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IRISH POTATO SOUFFLE

In a souffle by Mrs. S. I. Moore, the Irish potato is a celebrity.

2 cups mashed potatoes

2 eggs

$\frac{1}{4}$ teaspoon salt

Paprika to taste

$\frac{1}{4}$ lb. American cheese

1 teaspoon baking powder

2 tablespoons butter

Sweet milk

“Put potatoes into a double-boiler over flame; add enough milk to make a batter the thin consistency of cake batter. Cut cheese into small pieces and stir into mixture. When cheese melts, add butter and beat until batter is very light. Separate eggs and beat yolks and white very light. Pour potato mixture over the egg yolks. Mix, then fold in baking powder and beaten egg whites. Cook in moderate oven around 30 minutes.”

SWEET POTATOES SHERRY

Sherry wine and ingenuity change the entire outlook of baked sweet potatoes for Mrs. Robert C. Moore.

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“Select 6 medium potatoes and bake until soft. Cut off top and remove pulp with spoon. Whip pulp with 1/3 cup butter and 1/3 cup Sherry wine, until fluffy. Season with salt and pepper. Fill potato shells, brush with buttered crumbs and paprika. Reheat and cook in 400° oven until brown. Cooking time 1 to 1½ hours.”

POTATOES, SCHLESISCHES

Mrs. Elwood Parkerson combines potatoes with bacon and makes an old German dish which is a great favorite “up East.”

4 medium boiled potatoes (white)	Salt and red pepper to taste
1 cup crisp diced bacon	1 small onion, chopped fine
1 small head endive (or lettuce) chopped fine	½ cup salad oil
	3 tablespoons vinegar

“Peel and dice hot boiled potatoes. Stir in bacon, onion and endive. Season. Keep hot. Just before serving mix with combined salad oil, vinegar and pepper.”

COMPLIMENTS OF

PIGGLY WIGGLY

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SWEET POTATO PUFF

Puffed up with goodness is this dish by Mrs. Frank L. McCabe.

“Boil 1½ pounds sweet potatoes until tender. Skin and mash. Add ¼ pound butter, 1½ cups sugar, ½ teaspoon nutmeg, pinch allspice, pinch cinnamon. Beat 3 eggs and add to ½ cup sweet milk. Add egg mixture to potatoes and lastly add ½ cup shredded coconut and ½ cup black walnuts. Place in a greased casserole and bake in medium oven about 15 minutes. Top with marshmallows.”

SWEET POTATOES HAWAIIAN

Mrs. David Harman's Bronzola employs a favorite Hawaiian method of combining sweet potatoes with pineapple.

4 large sweet potatoes	1 egg
3 tablespoons sugar	Pinch salt
2 tablespoons butter	Juice and grated rind of 1 orange
2 tablespoons cream	4 or 5 slices of canned pineapple

“Boil potatoes, peel and mash while hot. Add butter, cream, sugar, salt, well-beaten eggs, orange juice and grated rind. Pour into a baking dish and garnish with sliced pineapple. Top mixture with 3 tablespoons melted butter and 3 tablespoons brown sugar. Bake 25 minutes in moderate oven (350°).

LIMA NUT PIE

A dependable vegetable and one that is as Southern as “corn pone” is the lima bean. “Everyone” boils this bean with

fat back or seasons it with butter. For variety, Mrs. Robert J. Powell, Sr., tries a lima pie.

- | | |
|-------------------------------------|---------------------------------|
| 1 cup fresh or canned lima beans | 6 Irish potatoes, medium, diced |
| 1 cup almonds and peanuts,
mixed | 2 medium onions, diced |
| 1 cup thin cream sauce | 2 hard-boiled eggs |

"Cook beans and potatoes, diced. Blanch the nuts. Place in a baking dish a layer of beans, then a layer of nuts and eggs followed by a layer of potatoes. Repeat until all ingredients have been used. Pour over cream sauce and cover with a layer of potatoes. Brush over with egg and milk. Bake 30 minutes in a hot oven."

SPANISH CHEESE LIMAS

Mrs. George A. Long likes a Spanish influence in limas en casserole.

- | | |
|--------------------------------|----------------------------------|
| ½ cup chopped onions | Dash cayenne |
| 1 cup chopped celery | 2 teaspoons Worcestershire |
| 2 tablespoons salad oil | 1 can No. 1 (2 cups) cooked lima |
| 2 cups drained canned tomatoes | beans |
| 1½ teaspoons salt | 1½ cups grated American cheese |
| ⅛ teaspoon pepper | |

"Lightly brown onion and celery in salad oil. Add tomatoes, lima beans and seasonings. Cook slowly 20 minutes, stirring occasionally. Alternate layers of bean mixture and cheese in a greased casserole. Bake in moderate oven 30 minutes. Serves 6."

BAKED SQUASH, STUFFED

Mrs. George A. Long stuffs and bakes squash in a tempting manner.

"Boil 6 medium yellow squash (whole) in salt water 10

COMPLIMENTS OF

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minutes. Cut off the round end and scoop out as much pulp as possible without breaking shell. Mix squash pulp with 1 finely minced onion; season to taste and mix with 3 slices of toast, crumbed. Stuff mixture into shells. Sprinkle tops with grated cheese and bake 30 minutes in greased baking pan."

BLANCHED TURNIPS

For novelty and taste, Mrs. Garvin May of Burlington, blanches little turnips and serves them with chicken or any other fowl.

"Peel small white turnips and blanch by parboiling in salt water. Rinse. Return turnips to saucepan and cook until tender in double-strength chicken consomme to which $\frac{1}{2}$ teaspoon sugar has been added. Stir in large lump butter. When ready to serve take 3 tablespoons of chicken stock and beat into it until smooth, 3 egg yolks. Gradually pour the egg mixture into the turnip stew, stirring with a wooden spoon to keep from curdling. Season with salt, pepper and minced onion. Bring back to a boil. Just before serving pour in $\frac{1}{4}$ cup Sherry."

SQUASH AU GRATIN

Squash, by some, is considered an apathetic vegetable. Not so when fluffed into a delightful casserole by Mrs. Sidney L. Paine, Daytona Beach, Fla. "Parboil and mash 3 pounds of squash. Make a white sauce and set aside. Grease a casserole and fill alternately with squash, white sauce and grated cheese. Dot each layer with butter. Beat 3 eggs separately, then combine beaten whites and yolks. Pour eggs over squash mixture. Cover with bread crumbs and bake 30 minutes at 350°."

COMPLIMENTS OF

ROSENBLOOM

FRIED TOMATOES

Mrs. A. L. Hill fries golden brown tomatoes, and to do this is an accomplishment, as they are easily browned or burnt.

"Cut ripe or green tomatoes in slices about $\frac{1}{8}$ inch thick. Sprinkle with salt and a small amount of sugar. Roll in flour and fry quickly in hot butter. Watch out or they will burn or the crust will break off."

STUFFED TOMATOES ON TOAST

With a "party flavor" are these extraordinary tomatoes by Mrs. Walter R. Harden, Graham.

4 large ripe tomatoes	1 cup cooked buttered rice
1 cup rich milk	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ teaspoon pepper	4 rounds toast
1 cup diced American cheese	

"Scoop out inside of tomatoes and sprinkle with salt. Invert and let stand in icebox for $\frac{1}{2}$ hour. Fill with well-seasoned rice and bake in hot oven (375°) for 20 minutes. Arrange rounds of toast on a hot platter and place a tomato on each. Add cheese to milk. Heat slowly over hot water until cheese is melted and season with salt and pepper. Pour cheese sauce around tomatoes and garnish with parsley."

Elsa Maxwell, famed party-giver, tosses this advice to the dinner party hostess: "Cream your soup smooth, brown your meat to a turn, toss up a salad lightly, mix well with people, season to taste, then put on your hat and coat and go to a movie. Your guests won't miss you."

COMPLIMENTS OF

The Burlington Coffin Co.

FRIED OKRA

Mrs. Walter E. Walker fries okra and is repaid with a dish resembling in flavor, the fried oyster.

"There are several ways to fry okra. One, is to parboil whole okra pods until tender, roll pods in corn meal and fry quickly in either deep or shallow fat. Second method is to cut okra pods in about 1 inch sections, roll either in corn meal or an egg batter and fry in not too deep fat. Salt and pepper to taste."

ONION SOUFFLE

Mrs. Garvin May, Burlington, finds that the onion may jump from the frying bowl into a souffle and serve as a main vegetable dish.

"Boil onions in salted water until tender. Save onion stock. To 1½ cups of pulp which has been forced through a colander, allow 4 tablespoons of butter mixed with 4 tablespoons of flour. Mix the butter and flour with 1/3 cup of onion stock, pouring on gradually and stirring constantly. Add 1/3 cup of cream then add onion pulp. To this mixture add the thickly beaten yolks of 3 eggs, then stir in the stiffly beaten whites of 3 eggs. Pour into a buttered casserole. Bake in moderate oven 25 minutes. Just before removing from oven top with grated cheese. Serve at once, as soon as cheese browns."

SPINACH SOUFFLE

Mothers who use strategy to induce children (and adults) to enjoy spinach will have no problem with this delightful souffle by Mrs. Richard Gwathmey of Wilmington.

1 cup cooked spinach
½ cup butter
¼ cup flour
2 eggs

1/3 cup cream or milk
1/3 cup water from spinach
Salt and pepper to taste

"Drain and set aside the spinach. Make a white sauce of the rest of the ingredients. Mash spinach fine and add to sauce. Beat egg yolks until thick, add to mixture. Now add egg whites which have been beaten until stiff and dry. Pour into a buttered baking dish and bake in slow oven 20 minutes. Serve immediately or will fall."

TART APPLES

Apple, the fickle fruit, which often pinch-hits for a vegetable, is at its best when served in pretty disguise by Misses Jessamine and Corinna Harper Gant.

“Peel and core medium tart apples. Make a syrup by boiling together 1 cup of sugar with 1 cup of water and salt to taste. Color with red or green vegetable coloring as the season or the occasion demands. When syrup comes to boil, drop in the apples and cook until they are clear. Take out and drain on brown paper. Stuff with cheese and nuts, mincemeat or any other garnishing.”

BAKED APPLES WITH MINCEMEAT

Mrs. Manley Baker, especially during Christmas, bakes big red apples stuffed with mincemeat. When apples are tender, she lifts them out and serves with Sherry-flavored whipped cream. These garnish a turkey beautifully.

TART BEETS

There are two schools of thought concerning beets. Some folks like them very much; some just don't! Even beet-haters have been known to relish them served by Mrs. Joseph P. Kelly.

“Dice or slice 12 small cooked beets. Stir in a double-boiler until smooth; $\frac{1}{2}$ cup sugar, 2 teaspoons cornstarch, $\frac{1}{4}$ cup water, $\frac{1}{4}$ cup vinegar (or use 6 tablespoons vinegar and 4 tablespoons cream). Cook and stir these ingredients until a clear mixture. Add the beets and place them in pan over hot water for at least 30 minutes before serving. The longer they stand the better the flavor. Just before serving, reheat beets but do not let sauce boil; add 2 tablespoons butter. For a delicious variation occasionally try adding to the sauce: 1 small orange ground, or 1 tablespoon of orange marmalade.”

CARROTS GLAZE

The vitamin-rich carrot is doubly enriched with a perfect glazing by Mrs. Roger Gant.

“Boil whole scraped carrots until tender. Drain. Mean-

while, melt a large lump of butter in a heavy frying pan. Sprinkle carrots with sugar. When butter is hot, roll in carrots and fry until evenly glazed. Serve as a main dish or as a garnish for meats."

CARROTS AU MINT

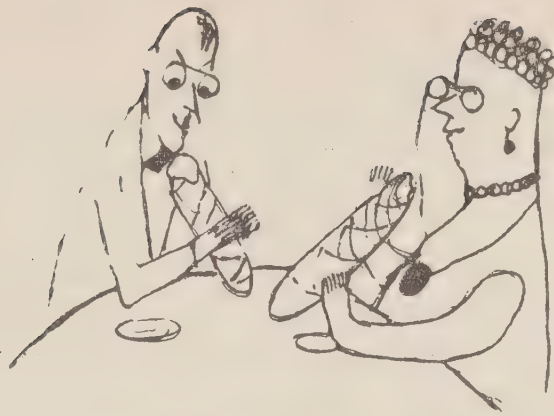
Mrs. Graves Holt glazes carrots and just before taking from the saucepan, sprinkles in chopped mint leaves. Her method of glazing is to dissolve (according to the amount of carrots) sugar in a small amount of water; add sugar mixture to a large lump of butter which centers a heavy saucepan. Allow sugar and butter to slowly cook to a syrup, then roll in carrots and keep turning until evenly glazed. She glazes sweet potatoes by this same method.

BAKED BEANS

Boston is as well known for its baked beans (and brown bread) as it is the "Boston Tea Party." A replica of the authentic Boston bean is this recipe by Mrs. Robert C. Moore. Brown bread is a timely accessory. "Wash 2 pounds of navy beans; soak in lukewarm water overnight. In the morning parboil the beans. In the very last stages of parboiling, add 1 teaspoon soda. Rinse in cold water; drain. Prepare a heavy stone bean jar. In the bottom of jar place 2 large tomatoes, or 1 cup of canned tomatoes, 1 large apple, 1 large onion, 1 tablespoon prepared mustard, $\frac{1}{2}$ cup molasses, 3 tablespoons salt, $\frac{3}{4}$ cup vegetable salad oil. Add beans, cover with water and cover jar. Bake slowly 6 hours, adding water as needed. The last 2 hours bake rather dry before adding water. If necessary to brown, leave cover off during last hour."

ALL IN THE GULLUP

Mrs. Cecil Gant once received instructions for pouring molasses from an old Negro "Mammy" who used a "gullup" for measurement. When asked for an explanation, Mrs. Gant was told, "When you wants three gullups of molasses, you jest turn up the jug. When it says "gullup" three times, you got enough 'lasses."



BREAD

Bread, that energy-giving elaboration (so feared and yearned for by dietetics), kneaded or beaten out of humble grain, has aptly been termed "the staff of life."

The cave-man, hunting for food with a spear, leaves us crude baking utensils and hieroglyphics to attest that he could not live by meat alone. The sedentary modern, foraging on shelves for his daily bread, is more fortunate. At his disposal are choice cooking utensils, vast stores of ingredients and methods for converting these supplies into fragrant loaves, flaky biscuit, frothy waffles, lacy pancakes—the horizon is as limitless as a child's imagination. Here, we only scratch the surface of the possibilities of one of the broadest subjects in gastronomic research—bread.

BASIC BREAD LOAF

"A Loaf of Bread beneath the Bough, A Flask of Wine, a Book of Verse—and Thou—." Had Omar Khayyam been referring to a loaf of Mrs. Norman Riddle's bread the famous quatrain may have been reduced to "The Loaf and Thou."

2 cakes of compressed yeast	1½ tablespoons melted fat or
4 tablespoons sugar	salad oil
2 2/3 cups lukewarm water	8 cups flour
2½ teaspoons salt	

"Dissolve yeast cakes and sugar in water. Add fat or oil, flour and salt. Mix well; knead smooth and elastic. Place in a greased bowl; brush top with melted shortening. Cover; let rise until double in bulk. Divide into three pieces. Shape one

piece in a greased loaf pan, size $8\frac{1}{2}'' \times 4\frac{1}{2}'' \times 2\frac{1}{2}''$. Cover, let rise until double in bulk. Bake in hot oven (425°) 15 minutes; reduce to moderately hot (375°). Bake 45 minutes. Bake the other two pieces of dough in same manner."

SALLY LUNN

"Sally Lunn" brings to mind an era filled with romance, white lilacs and crinoline. Mrs. R. J. Powell, Burlington, has inherited a recipe for this famous Old-Southern bread which she says has one secret—beating. Here is her method—the beating is up to you!

1 qt. flour	4 eggs
1 cup butter and lard, mixed	1 yeast cake
1 cup milk	1 teaspoon salt

"Beat eggs separately; add butter and lard to yolks, then add flour and milk. Dissolve yeast cake in a little warm water and add lastly to beaten egg whites. Beat 10 minutes. Put in a bowl to rise until double bulk. Beat again and place in baking pan. When dough has risen, bake in moderate oven 45 minutes. The secret of this Sally Lunn is in the hard and long beating, without beating it is not so good."

POPOVERS

To tease the appetite is this bit of fluff by Mrs. J. Wilson Atwater, Burlington.

2 eggs	2 cups sweet milk
2 cups sifted flour	

"Mix ingredients. Add pinch of salt. Grease pans and set in oven to heat while batter is being prepared. Bake in hot oven 30 minutes."

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PAINT AND VARNISH

HOT ROLLS

The modern housewife, whose desultory homemade bread baking has been for a decade the target of (male) criticism, can point with satisfaction to Mrs. John Rich Ireland, Burlington, who helps to revive a custom with her old-fashioned hot rolls.

1 cake yeast	1 whole egg
$\frac{1}{4}$ teaspoon salt	5 tablespoons butter
1 cup warm water	5 cups flour
2 tablespoons sugar	

"Crumble yeast $\frac{1}{2}$ cup luke warm water, dissolve. Put egg in mixing bowl and beat. Add 1 cup warm water, salt, sugar and melted butter. Beat 2 minutes then add yeast mixture. Add $\frac{1}{2}$ of the flour and beat for 2 minutes, then add remainder flour. Make into rolls, or place dough in refrigerator for future use."

HOT BISCUIT, SOUTHERN STYLE

To a Southerner, world over, "A hot 'un," means an old-fashioned piping hot biscuit—with butter. Therefore, this contribution by Mrs. Henry Farish, Burlington, needs no further editorial comment.

1 cup flour	1 heaping teaspoon baking
$\frac{1}{4}$ teaspoon salt	powder
2 tablespoons lard	Buttermilk
$\frac{1}{4}$ teaspoon soda	

"Mix dry ingredients; add enough buttermilk to form a soft dough. Roll out and cut according to desired thickness. Bake in hot oven."

CHEESE BISCUIT

To Mrs. George Sharp, Burlington, making cheese biscuit, is just a matter of counting them. They come out of the oven crisp and golden, 100 at a time.

1 lb. grated cheese	$\frac{3}{4}$ lb. butter
Flour	Cayenne
Salt	

"Cream together cheese and butter. Add enough flour to make a stiff dough. Add cayenne pepper and salt to taste. Stick either a raw or salted almond on top of each biscuit. Bake. While hot sprinkle with confectioners' sugar."

PARKER HOUSE CHEESE BISCUIT

Mrs. Graham Harden uses cheese and a new design to vary the party cheese biscuit.

1½ cups flour	1 tablespoon shortening
½ teaspoon salt	3 tablespoons milk, or enough to make a moderately soft dough
2 tablespoons grated cheese	
2 teaspoons baking powder	

“Sift together the flour, baking powder and salt. With a pastry blender cut in the shortening and grated cheese. Add milk. Mix quickly; roll to ½ inch thickness and cut with round cutter. Spread top with melted butter and fold as for Parker House rolls. Bake at 450°.

BEATEN BISCUIT

“It’s all in the beating,” says Mrs. R. F. Anderson, Burlington, who turns out miniature beaten biscuit by the dozens.

1½ lbs. flour	5 ozs. lard
1 teaspoon salt	½ pt. sweet milk

“Mix into a stiff dough; beat 20 minutes, roll, cut and bake in moderate oven. Makes 4 dozen.”

BISQUICK ROLLS

In a jiffy, Mrs. Walter M. Brown, Burlington, fluffs hot yeast rolls out of Bisquick flour.

“Dissolve 2 yeast cakes in 1 cup of warm water. Mix with 3 cups Bisquick flour. Make out as desired and allow to rise for 1 hour or more. Bake.”

HOT CHEESE BALLS

These cheese balls by Mrs. R. F. Anderson are tasty puffs to be eaten hot. They usually do not last much farther than the length of the stove.

1½ cups grated cheese	¼ teaspoon salt
3 egg whites, beaten stiff	1 tablespoon flour
Dash of cayenne	

“Mix dry ingredients; fold in the egg whites and form into balls. Roll in fine bread crumbs and fry in deep fat. Serve at once!”

CHEESE STRAWS FACILE

With a turn of the wrist Mrs. Cecil Gant mixes up these sedate little cheese straws or biscuit.

1 pkg. Flako pie crust mixture Dash red pepper
2 cups grated cheese

"Mix, roll out in desired shape, straws or little biscuit. Bake in moderate oven. For an extra party touch, brush on a little confectioners' sugar."

BROWN BREAD

Cosmopolitans have for centuries favored a dark or even black bread instead of the American white. Choosing the middle path, Mrs. J. A. Okey, Graham, bakes a brown bread loaf (or muffins) made of Graham flour which has an old-world flavor.

$\frac{1}{2}$ cup brown sugar 1 cup sour milk
 $\frac{3}{4}$ cups wheat flour Salt
 $\frac{3}{4}$ cup molasses 1 teaspoon soda in milk
2 cups Graham flour

"Mix all ingredients well. Bake (loaf) in slow oven for 1 hour."

DATE-BRAN MUFFINS

As a basis for delicious muffins, bran comes into its own in these muffins by Mrs. Norman Riddle.

1 cup bran 1 cup milk
1 cup flour 2 tablespoons melted butter
2 teaspoons baking powder 1 cup finely chopped dates
1 egg ($\frac{1}{2}$ cup chopped nuts if desired)

"Mix flour and bran with baking powder and salt. Beat egg; add milk and melted butter. Stir mixture together. Stir in dates. Bake in muffin tins 25 minutes in 350° oven."

NUT BREAD

Mrs. W. M. Baker, Burlington, adds nuts to Graham flour bread for flavor and substance.

1 egg 1 cup chopped nuts
1 cup sugar 2 cups Graham flour
2 teaspoons cream of tartar 1 teaspoon soda

"Mix well. Pour in a loaf pan and set to rise for 20 minutes. Bake in a moderate oven."

COMPLIMENTS OF

CASWELL KNITTING MILLS

YANCEYVILLE, N. C.

SOUTHERN BATTER BREAD

It was Shakespeare, we think, who upon noting the dour expressions of his breakfast companions, remarked, "What early morning dyspeptics!" Had the poet been breakfasting at the Georgian house of Miss Corinna Harper Gant on a morning when she was serving her famous Southern batter bread, we are certain the remark would have never originated. The recipe below is self-explanatory:

1 cup meal	2 eggs
2 teaspoons baking powder	2 cups boiling water
1 teaspoon salt	1 tablespoon butter
2 cups milk	

"Pour boiling water over meal. Boil 5 minutes, stirring constantly. Remove from stove. Add butter, salt and milk. Mix thoroughly, then add the well-beaten eggs. Sift in baking powder. Mix and pour in greased baking dish. Bake $\frac{1}{2}$ hour at 350°. Serve from dish in which bread was baked."

BROWN STEAM BREAD

Mrs. John Rich Ireland, Burlington, steams a brown bread to bring out the rich qualities of this unusual round loaf.

1 cup sugar	3 cups Kellogg's bran
$\frac{1}{2}$ cup raisins	$\frac{1}{2}$ cup chopped dates

"Mix the above together and add 3 cups of flour. Now add:

1 teaspoon baking powder	6 tablespoons molasses
1 teaspoon salt	3 teaspoons soda

"Soften with 3 cups buttermilk. If lactic acid buttermilk is used, use 2 cups of milk and 1 of water. Grease cans or a pan and pour in batter; steam for 3 or 4 hours. Place cans in oven with tops off for about 20 minutes. Then remove bread from cans."

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Graham, N. C.

CORN MEAL SOUFFLE

No dyspeptic could continue a dour outlook while breakfasting on Mrs. Vardell Williamson's (Fayetteville) corn meal souffle for it is a dish to provoke contentment, be breakfast at dawn!

1 pt. sweet milk	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup meal (full half)	4 eggs

"Let milk come to a boil; add meal slowly, stirring all the time (mix salt with meal). Cook slowly until meal thickens—real thick. Stir constantly. Let cool and add beaten egg yolks and fold in stiffly beaten egg whites. Pour into a deep pan and start cooking in a cool oven. Gradually increase heat and cook until firm. Serve at once or batter will fall."

NUT MUFFINS

Here is a nutty muffin to cheer the breakfast mood, or any mood in fact. Mrs. R. F. Anderson is the creator.

$\frac{1}{2}$ cup butter	1 cup sugar
2 eggs	$1\frac{1}{2}$ cups flour
1 cup milk	2 teaspoons baking powder
$\frac{1}{2}$ teaspoon nutmeg	$\frac{1}{2}$ teaspoon cinnamon
1 cup chopped pecans	

"Cream butter and sugar. Add eggs, milk, flour, spices and nuts. Bake in small greased muffin tins for 20 minutes in moderate oven. Makes 36."

WAFFLES

Waffles, those golden brown, crusty morsels, crowned with daffodil butter and floating in amber syrup or piled high with hash, creamed chicken, creamed eggs, et cetera. Under any guise the waffle remains serene and supreme. This waffle by Mrs. Henry Farish, Burlington, is a test case:

$1\frac{1}{2}$ cups flour sifted	$2\frac{1}{2}$ teaspoons baking powder
1 teaspoon sugar	$\frac{1}{2}$ teaspoon salt
1 egg	$1\frac{1}{2}$ cups milk
2 tablespoons melted lard	2 tablespoons melted lard

"Mix dry ingredients. Beat together the egg and milk. Beat in dry ingredients. Add melted butter last. Pour in waffle irons and bake until golden brown."

FLOUR MUFFINS

There is perhaps no muffin quite as versatile and wholesome as the flour muffin. It can be served at any meal; buttered, dunked in gravy, filled with preserves, jelly, fruits and on and on. Here is Mrs. W. T. Cheatham's recipe to tell you why:

3 tablespoons lard	2 cups flour
1 teaspoon salt	2 tablespoons baking powder
1 cup milk	1 egg
1 teaspoon sugar	

"Cream lard and sugar and beat in egg. Add milk and flour gradually. Bake in oven (350°) for 25 minutes."

BATTER CAKES

The batter cake has been in vogue since the day that King Alfred burned one to a crisp in a peasant's cottage. How long before this calamity, is unknown. A relative, the pancake, marks the history of the English Shrove Tuesday (in France "Fat" Tuesday or Mardi Gras), the eve of the Lenten fasting season when children roamed the streets singing for little flat cakes and adults prepared with a carnival (*Carne*, meaning *meat*; *vale*, *farewell*) of gaiety and banqueting.

The custom of serving pancakes has spread beyond the marking of any particular season and has carved a niche on practically every menu from Seattle to Iraq. This little cake can be made of flour, corn meal, buckwheat and many other variations and combinations. Mrs. W. T. Cheatham combines flour and corn meal and pours onto a hot griddle a thin batter cake enhanced by a "gullup" of molasses.

2 egg yolks	2 cups meal
1 cup buttermilk	5 teaspoons baking powder
½ teaspoon soda	1 teaspoon molasses (optional)
1 cup flour	

"Beat egg yolks. To this add the buttermilk mixed with soda. Sift together; flour, meal and baking powder; add to mixture. Thin with water to make a very thin batter. Cook on a hot griddle with very little grease. If you like, add 1 teaspoon molasses to batter before cooking."

HUSH PUPPIES

Many tales are told as to the origination of "Hush Puppies." One is that a group of fishermen were frying fish in

deep fat. To accompany the fish were corn meal cakes simmering slowly in hot coals. Hungry dogs, sniffing the cooking, came yapping for food. To pacify and "hush" the animals, the men threw blobs of corn meal batter into the fish fat. Result: a frothy little delectable to pacify any appetite.

Mrs. Hobart T. Steele, Burlington, makes these little corn balls in a similar fashion. We guarantee that they will never be used to "hush" puppies.

1 cup corn meal

$\frac{1}{4}$ cup plain flour

$1\frac{1}{2}$ teaspoon baking powder

$\frac{3}{4}$ teaspoon salt

"Sift all ingredients into a mixing bowl. Stir in enough boiling water to form a very stiff batter, about the consistency of drop cookies. Have ready a frying basket in deep bubbling fat. Drop the batter from a teaspoon into the basket. Four or five will fill the basket so they will not touch each other. Brown as you would fried oysters."

DOUGHNUTS

Maxwell's made the humble doughnut and coffee an

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American institution. By following the recipe by Mrs. W. J. Apple, Burlington, one can understand why the institution has flourished.

1 cup sugar

3 eggs

1 cup milk

1 teaspoon nutmeg

5 tablespoons shortening

4 teaspoons baking powder

1½ teaspoons salt

4½ to 5 cups flour

“Cream shortening and add sugar gradually; add eggs well beaten. Sift dry ingredients and add alternately to egg mixture. Roll out as soft as can be handled. Cut and fry in deep fat. Before dropping doughnut into fat, heat shortening until a crumb of bread becomes a golden brown in 60 seconds.”

CHOU PASTE

Chou Paste, or the more commonly known “cream puff” is a delicacy attributed as a rule to the professional baker. Mrs. Norman Riddle steps out of the ranks of the amateur with this dainty little pastry.

1 cup boiling water

½ cup butter

1 cup flour

4 eggs

“Put the water and butter into a saucepan. When they come to a boil, dump in the flour all at once and stir until mixture leaves the sides of the pan. Remove from stove; add unbeaten eggs, one at a time, beating hard with each addition. Drop the batter by spoonfuls on a greased baking sheet 1½ inches apart. Spoon into rounded heaped-up shapes. Bake for 30 minutes at 400°, then reduce heat to 350°. Puffs are done when there are no longer any irridescent bubbles on them. When you think they are done, remove one. If it stays in shape, take all out of oven. Cool; fill with custards, cream, ice cream, chicken salad or any desired filling. Makes 24 medium or 36 tiny puffs.”



DESSERTS

DESSERTS

MISCELLANY, CAKES, PIES, ICINGS

For a long period the housewife scanned every available dessert recipe for a method to “cut corners” around her sugar quota. Happily that problem has been solved and once more we can dip into the sugar barrel and satisfy the starved “sweettooth.” From our friends and neighbors come the following examples:

MERINGUES

Mrs. T. F. Darden, Wilmington, froths up from the following ingredients 4 to 6 meringues to be filled with fruit and topped with whipped cream:

2 egg whites

$\frac{1}{2}$ cup sugar

$\frac{1}{2}$ teaspoon cream tartar

Vanilla, if desired

$\frac{1}{8}$ teaspoon salt

“Beat egg whites until foamy. Sprinkle with salt and continue beating until stiff but not dry. Sift sugar and cream of tartar together and add to eggs in small portions (not more than a tablespoon at a time), beating after each addition. Continue beating until mixture stands in peaks. Place heavy brown paper on cookie sheet and drop mixture by spoonfuls on the paper. Use a spoon to hollow out the center. Bake at 275° about 50 or 60 minutes. Remove with spatula while warm. Fill, serve topped with whipped cream.”

ANGEL DELIGHT

This dessert by Mrs. A. M. Carroll is a delight to mortals also. The recipe explains why:

"Mash 6 ripe bananas with a fork. Add 1 tablespoon sugar. Now add $\frac{1}{4}$ pound chopped almonds, 1 small package of crumbled Nabiscos, 1 pint of whipping cream whipped and flavored with 1 tablespoon sugar and 1 teaspoon vanilla."

BOILED CUSTARD: VARIATIONS

Mrs. Finley L. Williamson boils a creamy custard which doubles for the basis for other desserts. Here is the custard:

"Bring to scalding heat in double-boiler 1 quart of whole milk. Beat thoroughly 3 whole eggs and $\frac{2}{3}$ cup granulated sugar. Pour on this mixture the scalded milk, return at once to double-boiler, stirring constantly until the white foam disappears. After water boils briskly, medium heat is best as too high heat will curdle the mixture. Should a slight curdling be noticed, remove at once and beat with a Dover egg-beater. Cool before placing in the refrigerator. Add 2 teaspoons of vanilla and stir occasionally while cooling. Is best if made the day before serving."

Variations

"1. Good foundation for ice cream. Add cream.

"2. When boiling hot, add 1 envelope Knox gelatin; stir thoroughly; pour in wet mold for blanc mange to be used next day or several hours later.

"3. If caramel or chocolate blanc mange is desired, add 2 tablespoons melted Baker's cocoa or chocolate while very hot or 3 tablespoons of caramelized sugar. Pour in wet molds; serve with whipped cream."

ORANGE PUDDING

Here is a pudding by Mrs. S. J. Hinsdale which smacks of the unadulterated juice of oranges buried beneath its goodness.

"Measure 1 pint of sweet milk, saving out enough to dissolve 2 tablespoons of cornstarch. Scald the milk until it steams. Separate 2 eggs. Beat yolks and whites separately. Mix egg yolks with 1 tablespoon sugar; add dissolved cornstarch. Now pour hot milk over egg mixture; place in double-

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boiler and cook until thick. Flavor to taste.

“Now cut up 2 oranges in the bottom of a baking dish; sweeten to taste and pour cooked mixture on the oranges. Beat egg whites stiff; add 2 tablespoons of sugar; cover top of dish with this and brown in moderate oven.”

QUEEN OF PUDDING

This pudding by Mrs. Graham Harden, Burlington, is a dessert with all of the aplomb that its name suggests.

1 pt. sweet milk

1 cup sugar (light)

3 eggs

$\frac{1}{8}$ lb. butter

1 pt. bread crumbs free of crust

‘Soak crumbs in milk. Cream butter and sugar together. Beat eggs separately, saving whites for meringue. Add yolks to sugar and butter when creamy and add to milk and crumbs. Bake in pyrex dish in moderate oven. When done, spread top with a thin layer of tart jelly. Make meringue of stiffly beaten egg whites; 3 tablespoons of sugar, pinch of baking powder and flavor with vanilla. Spread on top and put in oven for a few minutes to brown.’

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CHOCOLATE SPONGE

Here is a "Sponge" by Mrs. S. J. Hinsdale, which will soak up many praises:

1 level teaspoon Knox gelatin	¼ cup cold water
¼ cup boiling water	1 teaspoon vanilla
1/3 cup sugar	3 eggs
Few grains salt	

"Soak gelatin in cold water for five minutes. Dissolve in hot water. Add 2 squares melted Baker's chocolate or 6 teaspoons cocoa. Beat egg whites until stiff and add well-beaten yolks to whites. Add sugar and gelatin which has been well beaten. Beat; add flavoring. Serve with whipped cream. Serves 6."

CREPE SUZETTE

The name "Crepe Suzette" suggests candlelight, soft music and flowers. This dessert royal is one not to be trifled with except on gala occasions. Mrs. Rodney Coleman tells us how:

"Put 5 large tablespoons of flour in a bowl. Make a hole in the center and put in a pinch of salt and tablespoon of olive oil; add 1 tablespoon of cognac and the yolk of an egg. Then beat this mixture well, adding a large glass of milk, a little at a time. Now beat the white of the egg and fold in carefully, after which the mixture must rest in the bowl for at least two hours. Then bake the pancakes in a shining pan in a small amount of butter. Make the cakes large and thin. Now browned they must be kept hot while preparing the following sauce in a chafing dish at the table, each pancake being heated in the sauce before serving."

Sauce

"Melt a good-sized piece of butter and immediately add 4 ounces of Cognac, de Kuyper Organe Curacao and Triple Sec. Set the mixture on fire, heat each pancake in the flaming sauce folding each three or four times as it is served, repeatedly pouring the burning sauce over it. (Blow out the candles while the dish is flaming and watch the enraptured expressions around the table.)"

STRAWBERRY ICE CREAM

History credits the be-jeweled Louis XIV of France with having introduced ice cream—conceived by a Scilian in 1660

—to posterity. It was a fortunate turn of affairs; without ice cream to cool the tongue and tickle the palate, a dreary world would ours be—especially in the summertime.

Mrs. Rodney Coleman makes a strawberry ice cream which gives us a good reason to be grateful to Louis.

“Dissolve 1 junket tablet in a little water. Heat, slightly, 1 pint of milk, slightly sweetened. Pour into freezer; add dissolved junket tablet and stir at once. Let stand until milk looks like clabber. Whip and sweeten 1 pint of cream; mash and sweeten according to taste, 1 or 2 quarts of strawberries (as desired). Add a pinch of soda and the juice of $\frac{1}{2}$ lemon. Mix cream and fruit; pour into freezer; freeze. Do not heat mixture. This makes 1 gallon.”

Gourmet advises ice cream creators to allow mashed, sweetened and drained fruit to stand several hours before putting into custard to freeze; to chill all utensils before using; to use 4 or 5 parts ice to 1 part rock salt.

FROZEN PUDDING

Here is a frozen pudding which would make even Louis XIV pause his silver spoon in mid-air. Mrs. Sidney L. Paine, Daytona Beach, Florida, is the donator of the recipe.

2½ cups milk	pears, apricots)
2 eggs	1 cup sugar
1 cup heavy cream	$\frac{1}{8}$ teaspoon salt
1 cup candied fruits mixed and	$\frac{1}{4}$ cup rum
chopped; (cherries, pineapple,	Brandy to soak fruit

“Soak chopped fruits in brandy to cover for 2 to 3 hours, to keep them from freezing. Make a custard of the milk, sugar, salt and eggs. Strain and cool. Add fruits, cream and rum. Freeze. Makes about 1 quart.”

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MAPLE MOUSSE

Mrs. W. E. White, Morganton, fluffs a delectable mousse by the following simple method (which she freezes). Also a chocolate mousse for those who prefer a chilled dessert.

Maple Mousse:

4 or 6 eggs

1½ cups maple syrup

1 pt. cream

"Cook well-beaten egg yolks with syrup in a double-boiler until a thick custard consistency. Let cool. Add well-beaten egg whites and cream beaten stiff. Freeze."

CHOCOLATE MOUSSE

1¾ cups milk

2 squares grated Bakers' chocolate

1 tablespoon gelatin soaked in

late

¼ cup cold water

1 cup sugar

1 teaspoon vanilla

1 pt. cream

⅛ teaspoon salt

"Scald milk in double-boiler; add salt melted chocolate and gelatin which has been dissolved over hot water; add sugar. Put in refrigerator until congealing begins then add stiffly whipped cream. Let stand 4 or 5 hours."

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COFFEE CHARLOTTE RUSSE

Mrs. Price Buddy lifts the pall from a torrid day by serving a cold cold Russe made this way:

1 cup boiling strong coffee ½ lb. marshmallows
½ pt. whipping cream

"Dissolve chopped marshmallows in the coffee. When cold, add stiffly beaten cream. Place in refrigerator several hours before serving. Serve with whipped cream nuts and cherries on top."

WINE JELLY

While this old-fashioned wine jelly by Mrs. W. T. Cheatham conjures holly wreaths, yule logs and the smell of cedar, it is also a dessert which shakes cheerfully at any season.

"Dissolve 2½ envelopes of plain gelatin in a bowl with cold water. Add 1 quart boiling water, 3 cups sugar, 2 cups wine. Stir well. Add enough liquid to equal 2 quarts. Set in refrigerator to congeal. Thin lemon slices on top are an attractive garnish."

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PINEAPPLE BAVARIAN CREAM

For "cold comfort" here is Miss Helen Coble's inimitable Bavarian.

1 box gelatin	1 pt. heavy cream
1 small bottle cherries	Juice of $\frac{1}{2}$ lemon
Sugar to taste	Juice of $\frac{1}{2}$ orange
1 can pineapple	

"Dissolve gelatin in cold water. Put pineapple and cherries cut fine, in a bowl and add sugar to taste. Then add gelatin which has been set over hot water until melted. Stir well; add lemon and orange juices. When this is well stirred, add stiffly whipped cream. Pour into molds."

APPLE GOODIES

This dessert by Mrs. R. W. Brannock rightfully deserves its name. Here is the procedure:

"Put into a pan 3 chopped apples sprinkled with 2 teaspoons of cinnamon and covered by 1 cup of white sugar. Next mix in a bowl $\frac{3}{4}$ cup Quick Quakers' oats, $\frac{3}{4}$ cup brown

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sugar, 1 teaspoon baking powder, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup flour, $\frac{1}{4}$ teaspoon soda. Sprinkle the latter over the apples. Bake in a shallow pan until fruit is done and brown. Top with whipped cream."

(1) CHOCOLATE PLUM PUDDING

Mrs. George A. Long (and her husband, too) delight in experimenting with new culinary "Wrinkles." The three desserts here are a few of their latest.

1 tablespoon gelatin	$\frac{1}{2}$ cup seeded raisins
$\frac{1}{2}$ cup cold water	$\frac{1}{4}$ cup nuts, chopped
1 cup milk	$\frac{1}{3}$ cup dates
2 egg whites	$\frac{1}{4}$ cup currants
$\frac{1}{4}$ teaspoon vanilla	3 tablespoons cocoa
$\frac{1}{2}$ cup sugar	Pinch salt

"Soak gelatin in cold water about 5 minutes. Put milk with fruit in double-boiler. When hot, add cocoa. Add soaked gelatin, sugar and salt. Remove from fire, when mixture begins to thicken, add vanilla and nut meats and fold in stiffly-beaten egg whites. Turn into wet mold. Chill and serve with whipped cream."

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(2) PEARS CHANTILLY

In France anything with whipped cream in it is a "Chantilly." It was Mrs. Long who discovered that pears were a Chantilly Grande.

1 pkg. lime jello	½ cup sugar
1 can pears, mashed	1 teaspoon vanilla
1 cup whipped cream	

"Dissolve jello, using 1 cup hot water and 1 cup pear juice. Let mixture set until almost congealed. Whip jello, add finely mashed pears and add cream mixed with the sugar. Add vanilla. Chill. Serve in sherbert glasses."

(3) LEMON FROZEN DESSERT

In this dessert you may have your cake and eat it too.

3 eggs, separated	1 can cold evaporated milk
½ cup sugar	Vanilla wafers, crushed to
Juice and rind of 1 lemon	crumbs

"Beat egg yolks; add sugar and lemon juice. Bring to boil until sugar is melted, let cool. Beat egg whites stiff and fold into mixture. Add grated lemon peel and evaporated milk which has been beaten stiff. Spread cake crumbs in bottom of refrigerator tray and pour in lemon mixture; cover with cake crumbs. Freeze, cut in squares and serve."

LIME SHERBET

When the mercury is climbing up into the nineties, Mrs. Daisy P. Carrigan's lime sherbet is the exact antidote for that hot palate.

"Dissolve 1 package of lime jello in 1 cup of hot water.

Add 1 $\frac{1}{4}$ cups of sugar, the juice of 3 lemons and the grated rind of 1. To this mixture add 1 quart of sweet milk. Pour into refrigerator and freeze."

PERSIMMON PUDDING

A "dish" which was perhaps waiting at Plymouth Rock for the Pilgrims, is this old-fashioned persimmon pudding by Mrs. D. C. Plemmons. Of course, there should be an opposum in the pen to go with it.

2 cups strained persimmons	$\frac{1}{2}$ teaspoon cinnamon
1 $\frac{1}{2}$ cups sugar	3 eggs
$\frac{1}{2}$ cup butter, melted	1 teaspoon baking powder
3 cups sweet milk	Salt

"Mix ingredients in order. Bake until firm in slow oven."

FROSTED GRAPES

These exquisite frosted grapes by Mrs. David Harman are lovely as a centerpiece or are a dainty accent on a tea plate. They surround a ham gracefully and enliven any punch bowl when garlanded around on grape leaves or ivy.

"Wash and dry thoroughly clusters of any type grape. Dip into unbeaten egg white, being careful that each grape is evenly coated. Now roll in granulated sugar. Place in ice box and allow to chill until the sugar hardens. When ready the grapes look as though touched with the magic wand of Jack Frost."

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CAKES

CAKES

The Danes are credited with the first "Mass of light dough sweetened and flavored with various ingredients," called "Kage"; in basic English, *Cake*. Contemporaries were the Swiss with a fine sweetened "Kaka" circa 1500.

The starched Pilgrims cuddled the charming secret across the Atlantic; nurtured it through War and Peace, using their scant supplies wisely and well. Consequently, to this generation has come a rich heritage of cake recipes as homogeneous as a hand-woven tapestry. Each recipe in this book has a background of struggle and romance. We wish we knew them all. A few are at our disposal. The others will speak for themselves.

GRANDMOTHER SALLY'S WHITE CAKE

Generations of discerning cooks, for festive occasions, baked this white fruit cake before it came to Mrs. W. T. Cheatham's Grandmother Sally; how many are not known. The recipe has been used for at least 3 generations without change or addition. It needs none.

- | | |
|--|---------------------------|
| 2 large coconuts or 3 small,
grated | 1 lb. butter |
| 2 lbs. citron, chopped fine | 1 tablespoon nutmeg |
| 1 lb. blanched almonds, chopped | 1 wine glass Sherry |
| 1 doz. eggs, beaten separately | 1 wine glass brandy |
| 1½ lbs. sugar | 1 lb. flour sifted |
| | 2 teaspoons baking powder |

"Cream butter and sugar, add beaten yolks of eggs. Blend with sifted flour, baking powder and nutmeg. Add wine and

brandy slowly. In large bowl, mix cocoanut, citron and almonds. Blend thoroughly with batter mixture. Fold in well-beaten whites of eggs. Cook at 350°. Makes one very large cake or 2 small ones."

WHITE FRUIT CAKE

Mrs. Josephine Carrigan came by the basic recipe for this white fruit cake through her mother, Mrs. A. L. Hill. The geneology of the base has been traced to Mrs. Hill's native Iowa; back across the continent; across the Atlantic to England. Within the past two generations inovations have been made by way of modernized fruits. It is a cake to grace any happy occasion.

4 cups flour	1 cup orange juice
2 cups sugar	1 lb. butter
1 tablespoon vanilla	2 teaspoons baking powder
1 doz. eggs	1 teaspoon Rosewater extract

"Cream well the butter and sugar. Break in 1 egg at a time, beating well after each egg. Sift together flour and baking powder and add alternately with orange juice. Then add the following fruits which have been previously dredged with 1 extra cup of flour:

¼ lb. candied orange peel	¼ lb. candied lemon peel
1 lb. citron	1 lb. seeded dates
1 lb. shelled nuts	2 lbs. white candied cherries
1 lb. candied pineapple	2 lbs. white raisins

"Bake this cake for 3½ hours at 275°. The oven must bake very slowly, otherwise the cake will be ruined. If a dark fruit cake is desired instead of white, substitute syrup for orange juice; 1 teaspoon of baking powder instead of 2, and black raisins for the white."

"Wrap a fruit cake in flannel, not to keep it warm, but moist."

FRUIT CAKE WITHOUT FLOUR

From Mrs. D. C. Plemmons whose originality punctuates SOUPS TO NUTS like an exclamation point, comes a formula for a cake which follows no rule, yet it is "a mass of light dough, sweetened." As far as we can ascertain, the idea is that of Mrs. Plemmons'. We predict it history-making.

1½ cups raw sweet potatoes, grated	½ teaspoon cloves, powdered
½ cup syrup	½ teaspoon cinnamon
½ cup brown sugar	½ teaspoon nutmeg
1 teaspoon butter	1 tablespoon lemon extract
2 eggs	½ teaspoon salt
½ teaspoon ginger	1 cup seeded raisins
	1 cup seeded currants

“Mix thoroughly and bake in very slow oven 50 minutes. Very few who taste this cake believe that it is made without flour.”

ORANGE FRUIT CAKE

The lineage of this superb cake dates back as far as Mrs. R. H. Roney can remember. It has graced every Christmas and Bride's table in her family and that of her parents. Pouring on the icing is a special ritual of her own.

3 eggs	1 orange, juice and grated rind
¾ cups shortening	3 cups flour
1½ cups white sugar	1½ teaspoons soda in ¾ cup buttermilk
1½ cups dates, chopped	
1 cup pecans, chopped	

“Mix ingredients as for any cake. Begin baking at 325°, increase temperature in ½ hour to 350° and bake until done. While cake is hot gradually pour over this UNCOOKED icing:

Combine 1-½ cups orange juice mixed with ¾ cups of granulated sugar and the grated rind of 1 orange. Begin pouring this icing as soon as the cake is removed from oven. Pour on gradually until all has been used.”

“An apple a day will keep dryness away from your fruit cake!”

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JAPANESE CAKE

Before the lava-made Island of Japan cooled, the wily natives beat a rice cake or "patty" out of rice and oil. In a short time the cake was nebulous. From a nebula sprouted various and sundry branches to evolve into the flour species garnished by fruits and candies.

Mrs. B. C. Garrison's light and dark cake is an example.

Light Batter

Whites, 3 eggs	$\frac{1}{2}$ cup milk
$\frac{1}{3}$ cup butter	1 cup sugar
$1\frac{1}{2}$ cups flour	2 teaspoons baking powder

Dark Batter

Yolks, 3 eggs	$\frac{1}{2}$ cup butter
1 cup sugar	$\frac{1}{2}$ cup milk
$1\frac{1}{2}$ cups flour	1 teaspoon baking powder
1 cup raisins	1 teaspoon mixed spices
1 teaspoon Baker's chocolate	

"Mix light and dark batters separately as any cake and bake in cake-layer pans. Alternate layers when placing them on platters and fill with the following icing:

1 cup sugar	1 cup boiling water
Grated rind of 1 lemon	1 teaspoon flour
1 coconut, grated	

Mix the above, boil for 5 minutes and spread in thick layers between and on top of cake."

DATE CAKE

We have the Arabs to thank for the first cake embellished with dates picked from the towering Date-Palms growing along desert brinks. This tree was imported to "West" several

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ANGEL FOOD CAKE

1 Quart Egg Whites
 $1\frac{1}{4}$ Lbs. Sugar
 $\frac{1}{2}$ Oz. Salt

$\frac{1}{2}$ Oz. Cream Tartar
Vanilla Flavoring
12 Oz. Cake Flour

Beat whites stiff, fold in dry ingredients, bake in ungreased pans

hundred years ago and along with the trees came "directions" for the usage of the fruit, written on palm leaves.

Mrs. Rodney Coleman lays no claim to one of these "directions" scribbled on a palm leaf, but she has made a cake the Arabs might well plagiarize.

1 pkg. dates, pitted	1 teaspoon soda
1 cup boiling water	1 tablespoon shortening
1 cup sugar	1 egg
1 cup chopped nuts	1 teaspoon vanilla
1½ cups flour	¼ teaspoon salt

"Stone and cut dates into small pieces, sprinkle over them 1 teaspoon soda, then pour over boiling water. Let mixture cool. Cream shortening and sugar together, add the whole eggs, walnut meats and vanilla. Beat thoroughly. Add the date mixture and continue beating; add the flour sifted with salt. Bake in a slow oven, in muffin tins, for 45 to 50 minutes. Then cover with hard sauce flavored with blackberry wine."

MRS. IRELAND'S PRUNE CAKE

The prunes for this cake come from California and are cooked until soft. "Cream ½ cup of butter well with 1 cup of sugar. Add 2 well-beaten eggs yolks and continue creaming. Put in a sifter 1-½ cups of flour, ½ teaspoon cinnamon, 1 teaspoon cloves, 1 rounded teaspoon soda. Sift three times and alternate pouring into the egg mixture with ½ cup sweet milk. Lastly, add 1 cup chopped cooked prunes. Bake in a tube pan which has been well-greased and floured at 350°. Ice with a white icing."

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CRANBERRY UPSIDE-DOWN CAKE

In cooking, as in any of the arts, often a reversal in order brings out the unknown quantity. So it is with the cake. Turn it upside; bury its in fruits and sugar and it takes on a new visage.

The first cranberry cake dates the beginning of Thanksgiving. The batter was poor in substance; the berries sweetened by wild honey, but the effort was a tribute to the spirit of our forefathers. So is this cake by Mrs. W. N. Jefferies which she makes every Thanksgiving.

Into a loaf pan pour the following cranberry mixture:

2 cups raw cranberries	2 cups sugar
1 tablespoon water	3 tablespoons butter

"Melt butter; add sugar and water. Stir over a low flame for a few minutes. Mix with the cranberries and pour into pan. Cover with a batter made of the following:

½ cup shortening	1½ teaspoons baking powder
1 cup sugar	½ teaspoon salt
2 eggs, beaten lightly	¾ cup milk
2 cups cake flour	½ teaspoon lemon extract
	½ teaspoon vanilla

Cream together sugar and shortening; add eggs, lightly beaten. Mix dry ingredients and add to sugar mixture alternately with milk. Flavor and bake in 350° oven for 40-45 minutes. Run a knife around edge of pan and carefully unmold."

PLAIN LAYER CAKE

Mrs. John Rich Ireland who is noted for her lofty cakes and other delicacies, offers the following two cakes which originated in her own kitchen.

"Cream ½ lb. of butter with 2 cups of sugar, the old-fashioned way with your hands. Sift 3 cups of flour and 2 teaspoons of baking-powder together 3 times. Beat 5 eggs lightly and add to the sugar mixture, then alternate adding the flour and 1 cup of sweet milk. Add about 1 teaspoon vanilla. Grease and flour cake pans and bake for 30 minutes at 350°.

Fill with the following cream filling:

Mix together ½ lbs. butter, 1 cup milk and 2 cups of granulated sugar. Cook until it thickens. Remove from heat and beat with an electric beater until creamy. Add vanilla to taste and spread between and over the cake."

LAYER CAKE, CHOCOLATE

A sage once declared that the frosting makes or breaks a cake. If that be true this chocolate cake by Mrs. Robert T. Johnson is 'made'". The layers are divine—but the frosting!

1 cup butter	3 cups flour
2 cups sugar	3 teaspoons baking powder
4 eggs	1 teaspoon vanilla
1 cup buttermilk	

"Cream butter and sugar; beat in eggs one at a time. Sift dry ingredients and add buttermilk and vanilla.

Chocolate Frosting

2 cups sugar	4 squares Baker's chocolate
$\frac{1}{2}$ cup butter	$\frac{2}{3}$ cup sweet milk
1 teaspoon vanilla	

Stir until melted. Boil hard 1 minute. Beat until thick enough to pour."

MORAVIAN SUGAR CAKE

The Moravian sugar cake is perhaps one of the earliest cakes with a traceable history and dates back to John Huss, the founder of the Moravian faith.

Miss Helen Coble after a long search found a counterpart of the original cake. It is a modern miracle of simple ingredients.

2 eggs	1 teaspoon salt
$\frac{1}{2}$ cup shortening	$\frac{1}{4}$ teaspoon soda
$\frac{1}{4}$ cup sugar	1 cake yeast
1 cup milk	About 5 cups flour
1 cup mashed potatoes	

"Add to hot mashed potatoes the sugar, shortening, soda and salt. Dissolve yeast cake in $\frac{1}{2}$ cup lukewarm water; add to mixture. Set aside for $\frac{1}{2}$ hour until spongy. Add beaten eggs; flour to form a soft dough. Let rise at least 5 hours. Pour out and spread on flat pans. When light, dent with bits of butter; cover top with the following icing:

2 cups brown sugar	1 teaspoon cinnamon
1 stick butter	3 tablespoons cream

Mix and spread on dough. Bake about 20 minutes in 375° oven."

HOT MILK CAKE

Miss Nina Mebane fancies a universal favorite, the hot milk cake, which is delicious just out of the oven or dressed up in icing frivolities.

4 eggs
2 cups sugar
Pinch salt
2½ cups flour

2 teaspoons baking powder
1 cup milk
¼ lb. butter
1 teaspoon vanilla

“Beat eggs, add sugar and salt. To this add flour and baking-powder sifted together. Let butter and milk come to boil and add to batter. Add vanilla. Pour into pans and bake.”

SPICE CAKE

A blending of “spice and everything nice” is this peppy cake by Mrs. J. B. Stratford who suggests that a caramel icing or any other flavor may be substituted for the one given here.

½ cup fat
2 teaspoons cinnamon
2½ cups flour
1½ cups light brown sugar
1 teaspoon cloves
1 teaspoon soda

2 eggs
1 teaspoon nutmeg
½ teaspoon Royal baking powder
1 cup buttermilk
¼ teaspoon salt
1 teaspoon vanilla

“Cream fat and sugar. Add rest of ingredients and beat 3 minutes. Pour into layer pans. Bake 20 minutes in moderate oven. Frost with the following:

1 egg white
⅛ teaspoon salt
1 teaspoon vanilla

2 cups sifted sugar
3 tablespoons hot cream

Beat together until creamy, and top cake.”

BANANA CAKE

Mrs. H. M. Rowland whips up this delicious cake flavored with bananas.

½ cup shortening
2 eggs
2 cups flour
¾ cup nuts

1 cup sugar
3 ripe bananas, crushed
1 teaspoon soda

“Cream butter, eggs and sugar as for any other cake. Sift together dry ingredients and mix in bananas and nuts. Bake slowly in moderate oven.”

DEVIL FOOD CAKE

To "Devil" means "to highly season"—in culinary circles. The meaning is truly applicable to the rich Devil food cake by Mrs. A. K. Hardee.

2 ozs. Baker's chocolate	$\frac{1}{2}$ cup milk
4 eggs	$\frac{1}{2}$ cup butter
1 teaspoon vanilla	$1\frac{1}{2}$ cups sugar
1 heaping teaspoon baking powder	$1\frac{3}{4}$ cups flour

"Dissolve chocolate in 5 tablespoons boiling water. Beat butter to a cream; add gradually to sugar, beating constantly. Add beaten egg yolks, beat again, then add milk, melted chocolate and flour. Beat for several minutes. Carefully stir in the egg whites which have been beaten to stiff froth. Add vanilla and baking-powder. Mix quickly and lightly. Turn into greased tins and bake in moderate oven. Makes 3 layers. Ice with the following:

3 cups brown sugar	1 cup hot water
$\frac{3}{4}$ cake Baker's chocolate	1 heaping tablespoon butter

"Place all ingredients together over a slow fire until thoroughly dissolved, then cook rapidly until forms a ball in cold water. Remove from heat and when perfectly cool beat until thick and creamy. This will fill layers, cover top and sides."

TOMATO SOUP CAKE

Mrs. Frank L. McCabe's tomato soup cake embodies the trait of "something different" and may be made the day before guests arrive.

$\frac{1}{2}$ cup fine shortening or butter	1 teaspoon nutmeg
1 cup tomato soup to which 1	1 teaspoon grated cloves
teaspoon soda has been added	1 cup raisins
2 teaspoons baking powder	1 cup chopped walnuts
1 teaspoon cinnamon	

"Blend shortening and sugar; add soup and soda. Sift dry ingredients together and add to first mixture. Stir in nuts and raisins. Pour into a small pan and bake in 350° oven for 50 or 60 minutes. Then frost with the following:

1 pkg. Philadelphia cream cheese	1 teaspoon vanilla
$1\frac{1}{2}$ cups sugar	

Cream together. When cake cools, spread with the above mixture. Let stand 1 day before cutting."

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the original full-flavored cocoa beans is left in. That means that your favorite Baker's Chocolate recipes are richer in flavor—richer in color—smooth tasting and looking—the way a chocolate dessert should be.

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"MIX-EASY" FUDGE CAKE

See home-tested recipe
on the back of this page.

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"MIX-EASY" FUDGE CAKE

(See photograph on preceding page.)

Preparations:

Have the shortening at room temperature. Line bottoms of two 9-inch layer pans with waxed paper; grease. Start oven for moderate heat (375° F.). Sift flour once before measuring.

Measure into sifter:

2 cups sifted Swans Down
Cake Flour
1 teaspoon soda
 $\frac{3}{4}$ teaspoon salt
 $1\frac{1}{2}$ cups sugar

Have ready:

*Milk (see below for amount)
1 teaspoon vanilla
2 eggs, unbeaten
3 squares Baker's Unsweetened
Chocolate, melted

Measure into mixing bowl:

$\frac{1}{2}$ cup shortening

*With butter, margarine, or lard, use 1 cup milk plus 2 tablespoons. With vegetable or any other shortening, use $1\frac{1}{4}$ cups milk and beat 2 minutes in the first beating period.

Now the "Mix-Easy" Part:

(Mix by hand or at a low speed of electric mixer.) Stir shortening just to soften. Sift in dry ingredients. Add $\frac{3}{4}$ cup of the milk and the vanilla and mix until all flour is dampened. Then *beat 1 minute*. Add eggs, melted chocolate, and remaining milk and *beat 1 minute* longer. (Count only actual beating time. Or count beating strokes. Allow about 150 full strokes per minute. Scrape bowl and spoon often.)

Baking:

Turn batter into pans. Bake in moderate oven (375° F.) 25 minutes, or until done. Spread Easy Fluffy Frosting between layers and on top.

This cake may also be baked in 13x9x2-inch pan in moderate oven (375° F.) 35 minutes, or until done.

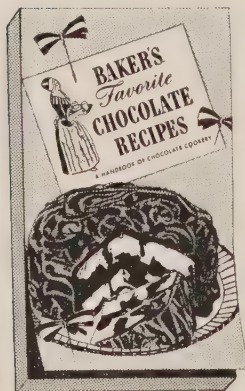
EASY FLUFFY FROSTING

1 egg white
Dash of salt

$\frac{1}{2}$ cup corn syrup
 $\frac{1}{2}$ teaspoon vanilla

Beat egg white with salt until stiff enough to hold up in peaks, but not dry. Pour syrup in fine stream over egg white, beating constantly about 4 minutes, or until frosting holds its shape. (Or beat about $2\frac{1}{2}$ minutes at high speed of electric mixer.) Add vanilla.

(All measurements are level.)



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CHOCOLATE CAKE

Mrs. J. J. Henderson says to mix the following cake in the order of ingredients listed and ice with a fudge filling or one of your own favorites.

"Take 1 cup of butter and cream with 4 eggs, added 1 at a time and well beaten; 1 cup of sour milk or buttermilk, 4 tablespoons Baker's Cocoa melted in 5 tablespoons hot water (let this cool before adding); 2 cups of sugar creamed well into the mixture; 2 and $\frac{1}{2}$ cups flour and 1 level tablespoon soda dissolved in 1 tablespoon of hot water."

TEA CAKES—COOKIES

"When tea is brought at five o'clock and all the neat curtains drawn—" With apologies to Henry Monro we complete the whimsical line—A plate of dainty little cakes with frothy icing on.

SNOW BALLS

As feathery as a flake of snow are these little snow balls reposing on a tea plate when "five o'clock" comes to the house of Mrs. Thomas D. Cooper.

1 cup egg whites
 $\frac{1}{4}$ teaspoon salt
1 teaspoon cream of tartar
 $1\frac{1}{2}$ cups sugar

1 cup cake flour sifted 5 times
 $\frac{1}{4}$ teaspoon vanilla flavoring
 $\frac{1}{4}$ teaspoon almond flavoring
Grated coconut

"To egg whites add salt. Beat until foamy. Then add cream of tartar and beat until stiff. Add sugar, a heaping tablespoon at a time, beating at least 20 strokes after each addition. Fold in flour a tablespoon at a time. Add flavoring. Pour into an angel cake pan that has been wet but not greased. Bake 1 hour; the first half of baking time should be at 275° ; the second half at 325° . Remove from oven, turn pan containing cake upside down and let stand for 1 hour before removing from pan. Take cake from the pan and rub off the brown crust. Break off pieces the size of a walnut. Cover lightly with a boiled icing and roll in freshly-grated coconut.

Icing

1 cup sugar
 $\frac{1}{2}$ cup boiling water
 $\frac{1}{8}$ teaspoon cream of tartar

1 egg white
1 tablespoon sugar
1 teaspoon fresh lemon juice

To sugar add boiling water and cream of tartar. Boil until syrup spins a thread. Then pour the syrup slowly over the egg white which has been stiffly beaten with 1 tablespoon sugar. Add lemon juice."

MOCHA CAKES

A frothy icing with peanuts gives these little cakes, by Mrs. R. E. Anderson, a "Tea-Party" distinction.

4 eggs	1 cup sugar
½ cup potato flour	1 teaspoon vanilla
1 teaspoon baking powder	

"Beat egg yolks lightly. Add sugar. Fold in flour and baking-powder. Fold in egg whites lightly-beaten with a flat beater. Bake in small greased and floured muffin tins for 20 minutes at 375°. Makes 32."

Icing

¼ lb. butter	1 lb. XXXX sugar
1 teaspoon vanilla	1 lb. salted peanuts
Cream or milk	

"Cream butter. Add sugar, vanilla and enough cream to make right consistency to spread. Spread on cakes and roll in ground peanuts."

ROLLED WAFERS

As lovely as a Calla lily are these rolled wafers by Mrs. H. V. Murray and as "fragrant" to taste.

¼ cup butter	½ cup powdered sugar
½ teaspoon vanilla	¼ cup milk
⅞ cup bread flour	Pinch salt

"Cream the butter and add sugar gradually. Alternate adding milk very gradually; add vanilla. Spread very thin with a spatula or thin-blade knife on slightly buttered baking sheet, cold. Bake in oven until delicately browned. Take a pointed knife and cut in squares. Roll in tubular shapes (or like a Calla lily). If squares become too brittle, they may be softened by placing back into oven. When cold a slight filling of powdered sugar moistened with cream and a few drops of vanilla may be used to fill centers."

WINE BALLS

The nectar of wine permeates a dainty tea accessory fashioned by Miss Helen Coble. These are especially apropos during the Christmas holidays.

3 cups vanilla wafers	3 tablespoons dark Karo syrup
1 cup crushed nuts	$\frac{1}{4}$ cup wine (or grapejuice)
$1\frac{1}{2}$ tablespoons Baker's cocoa	

"Mix dry ingredients; add syrup and liquids. Allow to remain in the ice box until firm. Then roll into balls and dip in confectioners' sugar."

FUDGE BROWNIES

An inovation of the times is the "Coffee Hour" planned the clock around. A toothsome addition to the coffee—or tea-plate is a rich fudge cake by Miss Helen Coble.

2 cups sugar	2 squares Baker's chocolate
1 cup butter	1 cup nuts
3 eggs	1 teaspoon vanilla
2 cups flour	

"Cream the butter and sugar; add well-beaten eggs, sifted flour, melted chocolate and nuts. Bake in a slow oven."

BLACK WALNUT SLICES

This cookie by Mrs. John Rich Ireland is an ice box blessing which may be used to refresh the cookie jar several times.

2 eggs	$1\frac{1}{3}$ teaspoon cinnamon
$\frac{2}{3}$ cup brown sugar	$3\frac{1}{2}$ cups cake flour
$\frac{2}{3}$ cup granulated sugar	1 teaspoon soda
$\frac{1}{2}$ lb. butter, heated	1 cup black walnuts

"Sift flour, soda and cinnamon and mix in order given. Form small round loaves and chill thoroughly, over night, if possible. Take 1 loaf out of ice box at a time, slice and bake on cookie sheet at 400° until light brown. Remove at once with spatula and place on brown paper until cool, then place in tin box."

CHOCOLATE CUP-CAKE

A little chocolate cup-cake with texture as moist and as rich as cream, iced with fudge icing, is one made famous by Miss Ruth Aldridge. This recipe makes 28 cakes baked in .

medium-sized paper cake cups. The icing will fully frost all cakes with some left over for chocolate "drops".

"Cream together 1 stick butter with $1\frac{1}{2}$ cup sugar. Sift together 2 cups cake flour with 1 teaspoon soda. Now moisten sugar and butter mixture with a little milk, then alternate beating into this the flour and soda with 3 eggs—added one at a time—and $\frac{1}{2}$ cup milk. The last addition is an egg. Next cook together $\frac{1}{2}$ cup of grated (Bakers' chocolate) with $\frac{1}{2}$ cup of milk until it thickens. Remove from heat and cool thoroughly. When cool add chocolate mixture to batter. Beat in 1 teaspoon of vanilla and 1 teaspoon of lemon juice. Into each cup tin pour 1 tablespoon and 1 teaspoon of batter and bake in 375° oven until done."

Icing

"Cook together until syrup forms a soft ball in cold water, the following:

2 cups sugar	$\frac{2}{3}$ cup canned milk (do not dilute)
2 squares (Baker's) chocolate	1 tablespoon butter
2 tablespoons cornstarch	1 teaspoon vanilla

When done remove from stove and beat until creamy, spread on cakes."

LACE COOKIES

Where there is a cookie jar filled with crisp crunchy cookies there is certain to be found hospitality. For your empty cookie jar Mrs. W. N. Jefferies selects a lace cookie as frilly as a plume and a butter cookie with old-fashioned pungency.

(1) Lace Cookies

3 cups brown sugar	2 cups oatmeal
1 cup butter	1 teaspoon vanilla
1 egg	Pinch salt

"Cream butter. Add sugar, egg, vanilla and salt. Drop in teaspoons on slightly greased sheet. Bake 10 minutes at 350° ."

(2) Butter Cookies

$1\frac{1}{2}$ sticks butter	$\frac{3}{4}$ cup sugar
$\frac{1}{2}$ teaspoon salt	1 egg yolk
2 cups flour	

"Mix well and make out in flat balls. Top with nuts or jelly. Bake at 375° ."

PECAN FINGERS

The wonder of these miniatures is that they can be packed with so much goodness. They are by Mrs. R. F. Anderson.

2 cups flour	4 tablespoons XXXX sugar
1 cup chopped pecans	$\frac{3}{4}$ cup butter
2 tablespoons vanilla	

"Work butter into flour and sugar as for pie crust. Add vanilla and nuts. Take small piece of dough and roll between palms of hands in shape of a finger about $1\frac{1}{4}$ inches long. Bake on ungreased sheet at 300° until delicately browned (about 30 minutes). When slightly cooled roll in powdered sugar. Makes 45."

BRINKLEY COOKIES

The Brinkley cookie wrought out of rich pastry, nuts and fruit by Miss Helen Coble suggests the essence of pine, holly berries and a Yew Log.

2 cups brown sugar	$3\frac{1}{2}$ cups flour
3 eggs	1 cup shredded coconut
$\frac{1}{2}$ cup butter	1 cup raisins
$1\frac{1}{2}$ tablespoons water	Pinch salt
1 teaspoon soda	

"Mix ingredients in order given. Drop on baking sheet and bake in moderate oven."

WALNUT KISSES

As tempting as a caress are these well-named cookies by Mrs. Cecil Gant:

3 egg whites	1 cup sugar
1 cup black walnut meats	$\frac{1}{2}$ teaspoon vanilla

"To the whites of 3 well-beaten eggs, add sugar and beat until thoroughly creamed. Add $\frac{1}{2}$ teaspoon vanilla and walnut meats broken in pieces. Drop with teaspoon on well-oiled cookie sheets. Bake in 200° to 250° oven for about 1 hour."

FILLED BARS

Miss Annie Laurie Burton of Yanceyville, a former Red Cross Director who served during World War II more than two years overseas, fills a cookie dough with jam, figs, raisins or mincemeat and creates an all-purpose little cake for teas.

"Cream together 1 cup of sugar with 4 tablespoons butter.

Combine 1 egg, 3 tablespoons milk and 1 teaspoon vanilla. Now sift 2 cups bread flour, 1 teaspoon baking powder and $\frac{1}{4}$ teaspoon salt. Add the flour to the butter, mixture alternating with the egg and milk mixture. Beat batter after each addition. Chill the dough until firm enough to roll. Then cover the bottom of a greased pan with a very thin layer of dough, fill with desired filling (see above) and cover with a second layer of thin dough. Bake in moderate oven for about 10 minutes. While warm cut cake into bars.

This cookie dough may be cut into little forms and sprinkled with nuts or sugar and baked at about same temperature."

STRAWBERRY-CHEESE TART

Cookery is said to be the most selfless of all arts because it is the least enduring, a bite or two, and a beautiful work vanquishes. These little strawberry tarts made by Mrs. Clary Holt are only a bite or two, but the memory is enduring.

1 cup grated cheese	$\frac{1}{8}$ teaspoon salt
1 stick butter (softened)	$\frac{1}{8}$ teaspoon red pepper
2 cups flour	

"Mix all ingredients. (No liquid is used). Roll and cut into squares about 2 inches square. Place in center of each square 1 teaspoon of strawberry preserves or jam and fold over at corners. Bake at 375° until slightly brown on top. These tarts are delightful tea accessories or may be filled with anchovies, cavair, tuna fish, meat paste and served as appetizers.

ICINGS — FROSTINGS

From Old Vienna comes the protocol for covering a cake with a "concreted" sugar. This was a simple method of mixing coarse sugar with water or milk and flavoring the mass with the essence of flowers, nuts, fruits or "what had they." Experience from past eras is not supposed to teach anything; but the rule does not apply to the following:

COCONUT FILLING

Mrs. Sam Pender of Mebane makes fresh coconut filling by cooking together for 5 minutes: 1 cup fresh grated coconut, 1 cup sweet milk, 1 cup sugar and 2 eggs. Will fill and spread 1 cake.

MARSHMALLOW FILLING

Miss Doris Hadley of Hawfields, uses 1½ cups white sugar, the whites of 2 eggs, beaten, ½ cup boiling water and 24 marshmallows; boils water and sugar together until forms a soft ball in cold water; adds beaten egg whites to hot syrup; adds marshmallows and beats the whole until marshmallows melt. Fill and spread on cake.

LEMON CUSTARD FILLING

Mrs. Walter M. Brown makes a lemon pie (custard) filling, of a slightly thin consistency, spreads between layers, on top and sides of a regular layer cake. Over each layer and on outside of cake she generously sprinkles a combination of grated lemon and orange rind. A "Boston Cream" pie may be made by splitting crosswise a layer of cake and filling with this custard.

UNCOOKED FILLINGS

On a hot summer's day Mrs. Rodney Coleman suggests that our readers let the stove cool off and make these luxurious uncooked icings instead.

(1) *Chocolate*

2 tablespoons butter	1 teaspoon vanilla
2 cups sifted powdered sugar	4 squares Baker's unsweetened
2 whole eggs or 4 egg yolks	chocolate melted
½ cup milk	

"Cream butter thoroughly; gradually add sugar and cream well together. Add eggs, milk, vanilla and chocolate. Place bowl in pan of cracked ice or iced water and beat with a rotary beater until of right consistency to spread. (About 3 minutes). This will only fill and cover two 8-inch cake layers."

(2) *Orange Frosting*

1 stick butter	3 tablespoons orange juice
Grated rind of 1 lemon	1 tablespoon lemon juice
Grated rind of 1 orange	2 pkgs. powdered sugar

"Place the grated rind, fruit juice and butter into a saucepan. Let heat long enough to melt the butter, then stir in enough sugar to make icing the consistency of heavy cream. Cool 10 minutes then spread.

QUICK CARAMEL ICING

A never-fail recipe for a quick icing is this blend by Mrs. Norman Riddle. Be sure to use a vegetable shortening!

1 cup brown sugar	$\frac{1}{4}$ teaspoon salt
3 tablespoons shortening (Spry)	$\frac{1}{4}$ cup milk
2 tablespoons butter	$1\frac{1}{2}$ cups sifted powdered sugar

“Combine brown sugar, Spry, butter and salt in a saucepan and bring to boil, stirring constantly. Add milk and cook over low heat 3 minutes. Cool. Add powdered sugar and beat until thick enough to spread. Chocolate (Baker’s) may be added when boiling; 3 squares if used. At any time mixture may be thickened by adding powdered sugar and a little water. This recipe never fails!”

STANDARD WHITE ICING

A good white icing serves many purposes. It is delicious “as is” or may be used with nuts or fruits added. Mrs. John Duhl of the Veterans’ Court, Elon—whose Ace-Pilot husband is one of the few remaining fliers who flew “The Hump” during World War II—makes this frosting for two 9-inch layers:

“Stir together until sugar is dissolved; 2 egg whites with 1 cup of water, then allow to boil to the thread stage without stirring. Now whip until frothy, 2 egg whites with $\frac{1}{8}$ teaspoon salt. Add syrup in a thin stream to the egg mixture. When all is whipped in add $\frac{1}{8}$ teaspoon cream of tartar or a few drops of lemon juice, then add vanilla or other flavoring.”

PIES

A pie, according to many authorities, is anything baked in or between two crusts. So the pie is flexible and the scope broad. The most important step, therefore, in making a pie is to first whip up a flaky crisp crust. As an introduction to our pie department here is a standard crust recipe:

Sift together $1\frac{1}{2}$ cups pastry flour, $\frac{1}{2}$ teaspoon baking powder and $\frac{1}{8}$ teaspoon salt. Cut into flour $\frac{1}{2}$ cup shortening using knives or pastry blender. Work until mixture resembles coarse meal. Gradually add enough cold water to make a stiff dough. Turn out on slightly floured board and roll thin. This makes enough dough for double pie crust.

(1) COCONUT PIE

From Orton Plantation, North Carolina, Mrs. J. Laurence Sprunt sends us three famous recipes used for generations in her family: Coconut Pie, Orange Pie and Old Fashioned Sweet Potato Custard.

"The first, made of fresh grated coconut, makes two pies.

1 grated fresh coconut

2 cups sugar

6 eggs

Small lump butter

"Beat eggs well together with sugar and butter. Add coconut. Pour in uncooked pie shell and bake until done."

(2) ORANGE PIE

1 tablespoon butter

Juice and grated rind of one
orange

3 eggs

1 cup sugar

"Add all ingredients to well-beaten eggs. Place in uncooked pie shell and bake slowly. Suggested temperature, 230° to 250°"

(3) OLD FASHIONED SWEET POTATO CUSTARD

3 or 4 grated raw sweet potatoes

2 cups sugar

2 eggs

Sweet milk

Lump butter size of an egg

"To the well-beaten eggs add potatoes and sugar. Use enough milk to make a thin mixture. Add butter and season to taste with nutmeg and cinnamon. Bake slowly in deep baking dish. Serve with whipped cream flavored with Sherry wine to taste."

NUTTY APPLE PIE

This rich apple pie, contributed by Mrs. David Harman, Burlington, has a crunchy top crust which sets it on a pedestal.

1 uncooked pastry pie shell	$\frac{1}{2}$ cup brown sugar
6 apples sliced thin	$\frac{1}{2}$ cup sifted flour
2 tablespoons granulated sugar	2 tablespoons shortening
$\frac{1}{2}$ teaspoon cinnamon	$\frac{1}{2}$ cup chopped nuts
2 tablespoons lemon juice	

"Fill pie shell with apples. Mix granulated sugar, cinnamon and lemon juice and sprinkle over apples. Mix brown sugar with the flour and cut into shortening until it has the consistency of coarse meal, add nuts and mix. Sprinkle this sugar mixture over apples and bake in a hot oven (400°) for one hour."

CHOCOLATE PIE

Here is an easy chocolate pie. Do not let the method fool you; the results are gratifying. Mrs. Staley Garrison, is the originator.

2 eggs	Butter size of an egg
1 cup hot water	$\frac{1}{2}$ cup grated Baker's chocolate
1 tablespoon cornstarch	1 cup sugar

"Cook the above mixture until thick; pour into cooked pastry pie crust. Top with stiffly beaten egg white, slightly brown."

LEMON ANGEL PIE

Mrs. W. N. Jeffries makes an "Angel Pie" which is really heavenly. First prepare a pie shell in the following manner:

"Beat 4 egg whites until frothy; add $\frac{1}{4}$ teaspoon cream of tartar, then gradually, while beating well, add $\frac{3}{4}$ cup sugar. When mixture is stiff spread in well greased pie pan. Bake in a slow oven (300°) 45 minutes. Fill with this:

"Combine 4 egg yolks, $\frac{1}{2}$ cup sugar, 6 tablespoons lemon juice, 1 teaspoon grated lemon rind. Cook in double-boiler until thick. Spread in meringue shell. Chill thoroughly before serving. Serve with sweetened and flavored whipped cream spread on top just before serving time."

PECAN PIE

Mrs. Josephine H. Carrigan, tosses pecans into a rich mixture and creates a delicious nutty pie which may or may not be served with a whipped cream topping.

$\frac{3}{4}$ cups unbroken pecans	1 cup dark karo syrup
1 tablespoon butter	2 eggs, beaten
1 cup sugar	1 teaspoon vanilla

"Cream butter and sugar; add karo, vanilla, eggs and nuts. Beat well, pour into unbaked sheet pie dough, bake 30 to 40 minutes."

NUT PIE

Once in a while a pie can be fashioned without an orthodox crust and still remain a "pie." Such is the recipe given below by Mrs. W. H. Hazard, Haw River.

1 cup nuts	4 eggs
1 cup sugar	1 teaspoon vanilla
4 or 5 unsalted Uneeda Biscuits	Salt

"Pulverize crackers with rolling pin. Put into a bowl and add chopped nuts. Beat egg yolks until thick, add sugar and mix well. Add crumbs, nuts, salt and vanilla. Fold in egg whites, beaten stiff. Bake in moderate oven in 2 greased tins, for about 12 minutes. When cold, turn out and put together with flavored whipped cream. Place in refrigerator for 3 hours before serving."

PECAN PIE

The culinary skill of Mrs. Erwin A. Holt ascends to a climax with a pecan pie with which she is accorded praise each time this dessert is served at her charming Davis Street house.

2 eggs, beaten together slightly	1 cup pecan meats
$\frac{2}{3}$ cup white sugar	Lump of butter
$\frac{2}{3}$ cup white Karo syrup	1 teaspoon Mapleine

"Mix all together and bake in uncooked crust for 45 minutes in a moderate oven."

APPLE PIE WITH CHEESE CRUST

Apple pie and cheese go together like salt and pepper. Mrs. W. L. Apple cleverly combines the two into one by putting cheese in the double crust. Make the crust as follows:

2 cups flour	$\frac{3}{4}$ teaspoon salt
$\frac{1}{2}$ cup shortening	1 cup cheese
6 to 8 tablespoons cold water	

"Sift flour, salt; cut in shortening with two knives until size of a pea. Mix cheese in lightly with a fork. Add only enough water to hold dry ingredients together. Roll on lightly floured board. Brush bottom crust with shortening to prevent soaking. Slash top crust to allow steam to escape. Now fill uncooked pastry shell with this:

5 or 6 large tart apples	$\frac{3}{4}$ cup sugar
2 tablespoons flour	$\frac{1}{8}$ teaspoon salt
1 teaspoon cinnamon	3 tablespoons butter

Fill lined pie plate with apples. Mix sugar, flour, salt and cinnamon. Sprinkle over apples, dot with butter. Cover with top crust and bake at 450° for 10 minutes, or until edges begin to brown. Reduce heat and bake 30 minutes longer."

CHESSE PIE

Mrs. S. I. Moore, mixes brown and white sugar to make an old-fashioned chess pie.

1 cup brown sugar	$\frac{1}{2}$ eggshell of milk
1 teaspoon flour	$\frac{1}{2}$ cup unmelted butter
$\frac{1}{2}$ cup white sugar	2 eggs

"Mix together the brown and white sugar and flour. Break into this mixture two eggs; milk and vanilla. Melt butter and pour in last. Bake in uncooked pastry pie shell."

Mrs. Finley L. Williamson, Burlington, bakes dainty lemon tarts in pie shells and tops with a plain boiled dressing for "improvement."

1 cup sugar	3 tablespoons flour
1 cup milk	1 tablespoon melted butter
3 tablespoons lemon juice	Pinch salt
Grated rind of 1 lemon	Yolks 3 eggs
Whites 2 eggs	

"Mix sugar and flour. Add lemon juice and rind; egg yolks, slightly beaten; milk, butter, whites of eggs, beaten stiff and salt. Half fill pastry shells and bake at 400° for 15 or 20 minutes. A tablespoon of plain boiled icing on top and they are much improved. Makes 24. The muffin tins should be prepared by thinly lining with short pastry before preparing the filling."

PINEAPPLE CUSTARD

Mrs. C. H. Walker takes two ingredients and makes a dreamy pie.

"Take one can of crushed pineapple; beat in 2 eggs, lightly beaten; sweeten to taste and bake in a rich, thin uncooked pie pastry shell."

APPLE CRISP

Mrs. John Rich Ireland selects tart apples and crisps up a dessert which is different and versatile. Any other fresh or canned fruit may be used in place of apples.

"Peel and slice apples and arrange in a baking pie dish. Sprinkle with sugar according to the tartness of the apples. Now sift 1 teaspoon baking powder, 1 teaspoon salt, 1 cup flour and 1 cup sugar into a bowl. Add 1 whole egg and stir lightly with a fork. Sprinkle this mixture on top of apples and bake until apples are done and the topping browned. Serve with whipped cream. Instead of apples you may use any fresh fruit or canned cherries, pineapple or sliced peaches. If canned fruit is used do not use the juice!"

ANGEL PIE

Mrs. Roger Gant, has a version of "Angel Pie" which brings forth songs of praise!

Whites 2 eggs	1/2 teaspoon vanilla
Pinch salt	2 tablespoons cold water
1 cup sugar	1 teaspoon vinegar
1/2 pt. whipping cream	

"Beat all ingredients together until ropey. Add 1 teaspoon vinegar and beat until stiff. Pour on paper in pie plate and cook 35-40 minutes in 350° oven. Turn upside down on serving plate, when cool cover with whipped cream and sprinkle with grated unsweetened Baker's chocolate."

MOCK MINCEMEAT PIE

Mrs. J. A. Okey, Graham, prefers to make her own mincemeat rather than buy pre-prepared mixture.

1 cup bread crumbs	1/2 cup vinegar
2 teaspoons lemon juice	1 cup boiling water
1 cup molasses	1/2 teaspoon cloves
1 cup sugar	1/2 cup currants
1 teaspoon cinnamon	1/2 cup raisins

"Boil all ingredients except currants and raisins until thick, then add fruit and bake in a pastry pie crust."



MEN ONLY

To man, the kitchen for centuries was a place of mystery, staffed by smug females brewing savory dishes and clucking over their accomplishments like a flock of setting hens. His only contact with this mystic harem was an occasional visit to refill the wood box or (in modern eras) to patch the plumbing.

But “tempus fugiting” has wrought a change. Out of two wars man has wangled domestic equality with woman; he has stuck a foot and a blowsy white Chef’s cap in the pantry door. Once in, he has discovered that the satisfaction comes not alone from eating but from cooking. He intends to stick by his post! This order is too new for a feminine vote—so for the nonce, we, the Women, don our chapeaux, pull on our white gloves, fluff out our bustles and—scram!

EGG OMELET A LA SCHENCK

The first egg omelet (according to Gourmet) happened because a roving Knight, or King (to give flavor to the yarn) lost his way and ended up in a peasant’s cottage. Demanding food, the King was served by the terrified peasant a tender fluff of beaten eggs sauted in hot butter. “It is okay!” roared the King in a jargon sounding something like “omelet.” “Okay,” is this omelet by the Rev. Lewis F. Schenck, Rector

of the Church of the Holy Comforter, and presently the "Chief Chef" of his flock.

2 egg yolks	2 egg whites, beaten
2 tablespoons milk	2 tablespoons butter
$\frac{1}{8}$ teaspoon paprika	1 teaspoon Chila sauce
Salt to taste	$\frac{1}{2}$ teaspoon Worcestershire

"Beat egg yolks and milk together for about 1 minute. Add salt, paprika, Chili and Worcestershire. Heat butter in frying pan, not too hot. Pour egg mixture in. Cook slowly until it puffs up, then fold with a spatula. Before folding omelet grated cheese, asparagus tips or a tomato sauce may be spread on top. Cold diced meat may be beaten into the uncooked mixture."

HAMBURGER SOUBISE

Prince Charles Soubise of France (1718-1789) discovered the charm of the onions; was subsequently "Generalized" by Madame de Pompadour and immortalized on the French menu.

Mayor Bowman Sanders of Burlington, whose versatility swings like a pendulum from the city hall and his textile mills to his Dutch oven. At the latter he is a proficient Chef, turning out such tempters as a famous hamburger served in true Soubise fashion—with raw onions. Here is the mayor's recipe:

1 lb. hamburger	1 tablespoon Worcestershire
$\frac{1}{4}$ cup corn meal	
$\frac{1}{4}$ cup Chili sauce	Salt and pepper to taste

"Mix ingredients. If too stiff add a little water. Make out in flat cakes and fry slowly. Serve on hamburger buns with raw sliced onion and cole slaw."

DEVILED EGGS

Without deviled eggs no picnic or buffet is complete. Frank McCabe says this ruling goes with any type of meal as far as he is concerned. That is why he submits this excellent recipe.

6 hard-boiled eggs	1 teaspoon celery seed
1 teaspoon salt	2 tablespoons chopped sweet
1 teaspoon mustard	pickles
Mayonnaise	$1\frac{1}{2}$ teaspoon vinegar

"Blend well using enough mayonnaise to soften."

MARINATED MUSHROOMS

David Verner, Security Bank "Moneyman," serves fresh mushrooms as an appetizer or as a main dish. Like this:

"Select fresh mushrooms, not too large if so slice them, saute them until golden brown in butter. Stick on toothpicks and marinate in a French dressing spiked with minced garlic cloves or onions."

GOULASH

Staley A. Cook, "Cooker-upper" of the Burlington Daily Times-News, declares that there is "nothing to" a fresh vegetable stew or goulash which he concocts during the vegetable season. The secret of the flavor, he says, is due to the fact that he keeps his guests waiting so long while the stew simmers that by the time the clarion call is sounded they are in the rawhide-chewing stage. Mr. Cook boils the method down to this:

"The 'ghouloush' concoction developes as one goes along from diced okra, stripped tomatoes, corn, beans, onions, or any other vegetable fresh from the garden; a little salt and pepper, a pinch of butter and any lean meat left over in the icebox such as beef, veal, chicken, etc. Boil all of this down to simmer—simmer—simmer, tasting as you go, then sound the gong!"

PIEZA PIE

E. Z. (Easy) Jones, keeper of Burlington's WBBB air waves, got a head start on his cooking contemporaries because he was inquisitive enough to poke around the pantry and find out just what did and what did not come in cans. Upshot is his famous Pieza Pie recommended as an appetizer before a spaghetti (his favorite) dinner, although he warns the host that the pie has been known to root the entree out of first place. "The ingredients are simple. Make a plain biscuit dough, roll thin and cover the bottom of the pie pan. Set out Swiss cheese, canned tomatoes, red and black pepper, olive oil and a couple of cans of filet of anchovies. When the pie pans are ready, cut cheese into small pieces about the size of your little finger nail and press thickly in the dough until the bottom of pan is practically covered. Season to taste with red

and black pepper. Drain tomatoes and spread the tomatoes on top of the cheese; place anchovies longways from the center in spoke fashion to the outside of the pie, about 4 or 5 filets to the slice. Sprinkle liberally with olive oil, or good cooking oil and cook in oven at about the same temperature as for biscuit. Warning: you do not need to salt this as the anchovies will furnish the salt. Serve with red or white wine and watch out or you will eat too much; it's rich and filling!"

ITALIAN SPAGHETTI

In Italy, birth place of spaghetti and Michelangelo, one is amazed to see in village yards and streets long ropes of the floury paste hanging like shoe-strings on drying frames. Stemming from the houses is a rich aroma of herbs as sauce brews in an iron skillet. Charles Shaffer makes no attempt to manufacture the long thin spaghetti (his business is stockings), but he favors the type as a foil for the twangy sauce he simmers when he can get a lease on the kitchen. Serves 8.

1¼ lbs. ground steak

5 stalks celery

6 big onions

3 No. 2 cans tomatoes

2 large green peppers

1 lb. American cheese

"Cut onions, peppers, celery fine. Brown in frying pan in 2 or 3 tablespoons bacon grease. Add steak and cook 5 minutes. Season highly with red pepper, black pepper and salt. Twenty minutes before serving time, cook 3 boxes Skinner's spaghetti. To serve put generous serving of spaghetti on each plate, add sauce and sprinkle grated cheese on top. With this serve French bread, celery, carrots, dill pickles and coffee."

SPAGHETTI AUX SAUCE

Robert H. Boucher of Washington, D. C., World War II photographer and frequent guest of the W. H. Mays, brews his spaghetti sauce with one hand while taking pictures with the other. Here's how:

"Pour ¼ inch olive oil in a skillet. In hot fat saute until almost scorched, 3 large sliced Bermuda onions. Add 2 lbs. of top round steak, ground, and cook until brown. Add 4 cans of tomato paste. Cook at low temperature for from 2 to 3 hours. Season with salt, pepper and Worcestershire sauce to taste. Serve over long thin Italian spaghetti which has been boiled tender in salted water."

SALT STEAK

To Robert H. Boucher, credit is also given for a salt steak which he admits is for "Men Only."

"Select a steak at least 2 or 2½ inches thick. Into a heavy iron frying pan pour table salt until bottom of pan is covered. Heat salt until "red hot." Into this drop steak and sear quickly on both sides. Keep turning until steak is done according to taste. This procedure is not advised for the well-done steak eaters."

STEAM TROUT, ITALIAN

For many years the Italians have boasted of a succulent trout broiled in wine in heavy silver urns and served over rice sauced with tomatoes and herbs. It was up to E. D. "Pete" Joyner (the Burlington Daily Times-News) to cross tackle with the swathy Italians and to concoct a dish rivaling the Italian tradition. Pete tells you how it goes.

"I use only fresh little trout caught the same day and dressed immediately. First, after trout are dressed, slowly fry in turkey roaster on top of the stove, ½ pound of "streak of lean, streak of fat" bacon. When bacon is crisp, remove and in the drippings, slowly brown 3 large slice onions. To this add 2 large cans tomatoes, 1 can tomato soup and 1 can of vegetable soup. Cook until mixture is a thick paste. Then season with salt, sugar and black pepper to taste. Add a teaspoon of Worcestershire sauce, 1 teaspoon garlic juice or 1 clove of garlic, 1 bay leaf, 1 teaspoon ground allspice and 2 tablespoons chili sauce. Continue to simmer until again like paste.

About 20 minutes before time to serve, lay on top of paste the fresh pan trout, allowing 2 small fish for each person. Place roaster in oven and broil until fish are brown and tender. Garnish with crumbled bacon. While fish are browning, cook 1 cup of white rice, amount depends on persons serving, until grains stand apart. Press rice into molds or serve as a foundation for the fish and sauce."

(1) POMPANO EN BAG

W. T. "Buck" Cheatham, who each season reels off prizes for his ability to land the "big" ones at Wilmington and other fishing havens with the ease of winding a cone of yarn, takes

over the kitchen long enough to "Bag" a Pompano, the gourmet's nectar, caught along the North Carolina as well as the Florida coast.

"Merely salt, pepper and butter the dressed whole fish to taste. Stick him head first into a brown paper bag and tie the bag tightly. Bake in moderate oven according to the size of the fish. When done, cut him out of the bag and garnish with lemon juice and bag drippings."

(2) CORN PONE

With this fish Buck craves a *Corn Pone*, made like this:

1 cup water-ground corn meal	½ cup milk
1 tablespoon lard	Enough water to make soft batter
½ teaspoon salt	
1 teaspoon baking powder	

"Mix the above ingredients well, bake or fry until light brown."

Lemon juice squeezed over frying fish keeps the secret of "what's cooking" in the kitchen.

BAKED MACKEREL

R. M. (McD.) Reid likes to step into the kitchen if there is a mackerel to be stuffed and baked. Easy does it.

"Choose a mackerel weighing at least 3 lbs. Dress and split meat all the way to the backbone. Rub with salt, red and black pepper. Lay in fish slices of Bermuda onion cut thin. On onions, lay thin pieces of butter to practically cover onions. Pour on Chili sauce mixed with prepared mustard to taste. Truss fish and place on broiling rack over pan. Lay strips of bacon on fish and line with a streak of chili sauce. In broiling pan pour small amount of water and keep adding as water evaporates. Bake fish at around 300° until tender and brown."

(1) POTATO BISQUE

Walter C. Brown invades the kitchen on rare occasions to make a thick potato soup or bisque, which with a salad and French rolls is a meal. Serves 6.

"Peel and cut up 5 or 6 medium Irish potatoes (new potatoes if possible) with 3 medium onions. Boil until tender but

not mushy, in salted water. Just before serving drain off water, add 1 quart of whole sweet milk and bring back to the boiling point. Do not boil but keep hot. Into a large tureen, beat the whites of 2 eggs. In another bowl beat the yolks. Combine yolks and whites. Season potatoes and milk to taste with salt and red pepper. Bring soup to the boiling point and pour into tureen on top of egg mixture. Stir briskly, serve in warmed soup plates with grated cheese sprinkled on top."

(2) LEMON BUTTER

With this soup Walter Brown likes hard French rolls with lemon butter. The butter is made this way:

"Cream $\frac{1}{4}$ cup butter, 1 tablespoon chopped parsley and $\frac{1}{2}$ teaspoon lemon juice until blended. Season with salt and white pepper and mold and chill."

OSCAR'S SALAD BOWL

A. Glenn Holt who has a way with Oscar of the Waldorf, divulges here how to make the Waldorf's famous Chef's Salad Bowl.

"First rub the sides of a large bowl with fresh garlic. Into bowl shred 1 head of lettuce, cut up; two large tomatoes, 2 cucumbers, 1 avocado, 4 slices of crisp bacon chopped in small pieces, 1 slice of rye bread cubed in small cubes; salt and pepper to taste. Toss with the following dressing:

Dressing

1 tablespoon mayonnaise	4 tablespoons olive oil
1 tablespoon tarragon vinegar	1 wine glass white wine

"Sprinkle with a lot of Parmesan cheese."

WELSH RAREBIT

"Welshrabbit" once was a term meaning a "dainty morsel." Out of this expression has grown not only the known connotation affiliated with a cheese rhapsody but an innovation by George A. Long bringing us back to the original term, "a dainty morsel."

1 lump butter	$\frac{1}{2}$ bottle beer or ale
1 $\frac{1}{2}$ lbs. Canadian Cheddar cheese	$\frac{1}{4}$ teaspoon salt
1 tablespoon Worcestershire sauce	1 egg

"Melt butter, add cheese and a scant half bottle of ale or beer. Allow cheese to melt without stirring. Then add salt and fold in egg well-beaten. Season with 1 tablespoon Worcestershire sauce and serve quickly on hot toast on heated plates."

(1) SPICED SHRIMP

W. L. Shoffner, who is as much at home in the kitchen as he is in his law offices, mixes everything (and how!) from a frappe to a spicy shrimp with sauce.

"Add 1 box of pickling spices to a saucepan half filled with water. Bring to a boil. Add 2 pounds of raw shrimp. Cook until shrimp are done. Put entire ingredients into ice-box and allow to stand 1 day. Remove, peel shrimp and serve with this sauce, or as desired."

(2) SHRIMP COCKTAIL SAUCE

Place 1 teaspoon of dry horseradish into a cup and cover with cold water. Allow to stand 10 minutes. Add dash of tobasco sauce and the juice of 1/2 lemon. Fill out with tomato catsup and stir well."

(1) CHILI MAC

"Down Mexico Way" there is a favorite dish called "Chili Mac," which when interpreted is macaroni with a ripe red sauce. David Harman brought a taste for this dish back from Mexico and makes it with the gusto of the natives. It is relished in the same manner by his guests.

"Cook 1 box of macaroni until tender. Set aside. Season 1 can of Chili Con Carne with tomato catsup to taste and pour over macaroni which has been served in heated plates. Sprinkle with Parmesan cheese and red pepper seed. Serve with red wine."

(2) HARMAN'S BUCKWHEAT CAKES

It has been said that anyone with a quick wrist and a calm but enthusiastic spirit can make a pancake. Far be it from our principle to argue with a sage. But we think, also, it takes the "know-how" to beat up such cakes as David Harman's buckwheat masterpieces. Dave tells it in a few words:

“Measure out 1 cup plain flour, $1\frac{1}{2}$ cups pure buckwheat flour, and $\frac{1}{4}$ teaspoon salt. Make a batter of these ingredients with buttermilk, not too thick. Take a cake of yeast and dissolve with enough water to cover. Pour that in the other mixture, stir. Let set overnight. In the morning, punch down like—everything! Stir a pinch of soda into $\frac{1}{4}$ cup of water and stir. Pour into batter mixture, stir, hard. Pour on hot greased griddle. Serve with little pig sausages and maple syrup.”

HOT WAFFLES

On a Sunday evening when the kitchen is swept clean of the usual staff, Walter M. Brown, likes to whip up a batch of batter, take irons into the living room and before a log fire, brown waffles to a golden turn, heap them with sweet butter and pour on the syrup. He makes them with buttermilk!

1 cup buttermilk
 $\frac{1}{2}$ teaspoon soda
 $\frac{1}{2}$ teaspoon sugar
 $\frac{1}{4}$ cup Wesson oil

1 cup flour
 $\frac{1}{2}$ teaspoon salt
 $1\frac{1}{2}$ teaspoons baking powder

“Beat the above until the batter is smooth. Pour into waffle irons and cook for $2\frac{3}{4}$ minutes.”

BARBECUE CHICKEN

In the 17th century a ship-load of Frenchmen hauled anchor on a South American coast, and found natives roasting meat over open fires. This incident, along with Trader Vic and his Chinese Barbecue pit-oven has put a chicken in every American pit. Robert C. (Bob) Moore, when he can wangle the kitchen, uses an electric stove for a pit and with gratifying results.

“Split a dressed chicken down the back. Paint broiling pan and rack with butter; heat. When pan is hot lay chicken on the rack under a very hot fire; turning it as it cooks until both sides are seared. Save drippings for gravy. While the chicken is broiling, paint at least 3 times with the following sauce:

$\frac{1}{3}$ cup cider vinegar or juice 2 lemons
1 teaspoon Kitchen Boquet
1 onion, minced
4 dashes paprika

$\frac{1}{2}$ cup melted butter
1 teaspoon pepper
4 tablespoons Worcestershire
3 tablespoons tomato paste
1 clove garlic, minced

After chicken has been cooked and basted sufficiently with sauce, place in covered pan, simmer in oven at 300° until meat begins to leave the bones. Baste frequently."

FRENCH FRIED ONIONS

Even though in France the onion is "Soubise" honoring the worthy vegetable's sponsor, Prince Charles Soubise (1718-1787), doubtful progeny of Louis XIV of France, French fried onions by Frank Holt need no fancy handle to make them a success, they are the life of every steak or party. "Slice 2 large Bermuda onions into rings. Roll in flour, dip in a mixture of 2 well-beaten eggs and 1 cup of milk. Now roll in ~~cracker crumbs~~ or cracker meal and fry in 1 cup of milk. Now roll in cracker crumbs or cracker meal and fry in deep fat that is boiling furiously. Remove and hide them until the steak is done."

(1) FRIED POTATOES IN JACKETS

J. T. (Mac) McLoud, who raises his own potatoes in his Elon garden, ran across a secret which seems to have captivated potato munchers. He selects new potatoes, scrubs them with a brush and rinses them in cold water, then cuts them in fourths or eights according to the size of the potato. Into hot fat, not too deep, he flips the potatoes in the skins and fries them until they are tender and brown. While hot, they are salted and served as appetizers or with steak."

(2) CURED HAM

As refreshing as his potatoes in the skins, are J. T. McLoud's cured hams, sweetly rendered of salt.

"Select a nice salt ham which has ripened until danger of spoiling has passed. Wash off all salt. Now mix 1 quart of molasses with at least 1/2 pound of black pepper and rub thoroughly into the ham. Sprinkle heavily with pepper and place in a large (100) paper (do not use a cloth bag) bag. Tie end securely and hang up in cool dry place. Ham cured in this manner will be as red as beef and acquires a sweet twangy taste."

OKRADO

Joseph Erwin Grant's favorite vegetable dish is called "Okrado" and is made simply by simmering together until tender 6 ripe tomatoes, about 8 pods of tender fresh okra seasoned with cured meat, salt and pepper to taste. Serve hot."

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GENERAL

GENERAL RECIPES OF INTEREST

BEVERAGES; PRESERVES, PICKLES, SAUCES, Etc.

It is said that the word "Punch," Oriental in origin, migrated from the word "Punch" meaning five. This came about due to the fact that the Orientals made a beverage consisting of five ingredients: arrack, tea, sugar, water and lemon juice.

It is interesting to note that these five ingredients, with the exception of arrack, are usually found in the majority of today's punch.

BASIC PUNCH

Mrs. R. W. Brannock uses the five original ingredients of punch and then adds choices of her own to make a delightful basic punch for 25. She also gives here her lemonade recipe for 100. Here is the punch:

- | | |
|------------------------|-------------------|
| 2 cups strong tea | Sugar to taste |
| 3 cups pineapple juice | 1 cup lemon juice |
| 4 cups gingerale | |

"Mix thoroughly. Just before serving add gingerale. Ice."

BOSTON "COKE"

Mrs. Arthur O. Wellman of Boston, Mass., and New York City, says that Bostonians, in the summertime, sip a frosted glass of Coca-Cola indented with a scoop of vanilla ice cream.

LEMONADE FOR 100

"Boil for 10 minutes 4 cups of water and 4 lbs. of sugar. Cool and add 7½ cups lemon juice; 8 sliced oranges; 2 cans pineapple juice; 4 gallons water. Mix. Ice."

RUSSIAN TEA

Mrs. William DeR. Scott, Graham, brews this spicy tea to be served either hot or cold.

¼ lb. tea leaves added to 2 gal-	About 2 lbs. sugar
lons boiling water	4 oranges
19 lemons	

"Squeeze lemons and oranges and pour juice over sugar. Let stand. Put lemon and orange rinds into the boiling hot tea and allow to stand for 3 minutes. Strain through a colander; then through a sugar sack and pour over sugar and juice mixture. For a hot drink add 1 clove to each cup of liquid. For a cold drink, add plenty of ice and gingerale, if desired."

CRANBERRY COCKTAIL

Mrs. Walter R. Harden, Graham, makes a sparkling ruby cocktail out of cranberries which suggests roasted turkey and fruit cake. Here is how:

4 cups cranberries	4 cups water
2/3 cups granulated sugar	

"Cook cranberries and water until skins pop open. This takes about 5 minutes. Strain through cheese cloth. Bring juice to boiling point, add sugar and boil 2 minutes. Serve cold. This serves 12 or 15. For future use put in sterilized well-corked bottles and seal. For large quantity use 20 lbs. cranberries, 5 gals. water and 8½ lbs. sugar."

COFFEE MALLOW FLOAT

Mrs. Lewis F. Schenck whips up a frothy coffee drink which is as pretty to look at as it is refreshing to drink.

"Make 1 cup of double strength coffee; pour over 32 marshmallows, 1 lb., cut in eighths. Stir until mallows dissolve. Chill 1 pint of cream and whip stiff. Fold into marshmallow mixture. Chill thoroughly or freeze until firm, stirring once. Half fill glasses with regular strength, freshly made coffee. Top with marshmallow float. Serves 10."

PARTY BEVERAGE

Mrs. Rodney Coleman takes vanilla ice cream and coffee and makes a palatable party drink. Her method is simple:

“Over vanilla ice cream pour hot freshly made coffee. Whip thoroughly and serve over crushed ice.”

ICED COFFEE

To make basic iced coffee just pour freshly made strong hot coffee over large pieces of ice. Serve with sugar and thick cream or black.

SUMMER DRINK FOR CHILDREN

Here is a summer drink which children love; contributed by Mrs. Rodney Coleman:

2 cups orange juice
2 tablespoons honey

Juice from 2 lemons
1 egg white

“Add honey to lemons then the orange juice. Fold in egg whites and shake for 2 minutes. Serve iced.”

LEMON FLOAT

“Children often need to be coaxed during hot weather to eat or drink. A “pick-up” which acts as a tonic is made by merely beating an egg white until stiff; squeeze in juice from 1½ lemon and sugar to taste. Serve in a compote over crushed ice.”

SPICED PUNCH

Miss Helen Coble blends a breezy punch which is spiced with cloves and is served cold.

1 pt. grape juice
¾ cup sugar
15 cloves, or more

1 qt. water
Juice of 3 lemons

ICED TEA

Mrs. Adrian M. Carroll always serves iced tea by brewing a hot tea and pouring it directly into the glass over large hunks of ice. Do not sweeten before serving! Flavor with ring of lemon.

RICE WINE

Rice wine, as ancient and respected as the area of Confucius, is a beverage brewed for centuries by the Chinese and drunk alike by Monarch and Rick-Shaw boy.

Mrs. D. C. Plemmons gives us the "know-how" for such a wine.

1½ lbs. broken rice	1 yeast cake
2 lbs. sugar	1 orange, sliced
1 lb. seedless raisins	1 gallon tepid water

"Mix well, pour on water. Place in stone jar. Stir every 3 days for 3 weeks. Strain through filter paper."

STRAWBERRY SODA

Into a tall glass put 1 scoop of strawberry ice cream. Pour either gingerale or sparkling water. Serve while effervesing! Any other flavor ice cream may be used.

HOT SPICED "BOWL"

Reminiscent of the days of Knights and Crusades is this hot spiced drink served from a huge "wassail" bowl by Mrs. D. C. Plemmons.

2 qts. grapejuice or cider	Few whole cloves
2 tablespoons sugar	Brandy flavoring
1 teaspoon allspice	Orange slices
Stick cinnamon	

"Simmer juice with sugar, spice, cinnamon, cloves for 15 minutes. Strain in bowl. Add brandy. Drop orange slices studded with whole cloves. Serve hot in a large bowl."

FRUIT PUNCH

To change the tempo from hot to cold, is this iced punch by Mrs. George A. Long.

3 cups sugar	2 cups orange juice
6 cups water	2 cups lemon juice
2 cups pineapple juice	2 large bottles gingerale

"Boil sugar and water together 3 minutes. Cool and add chilled juices. Ice."

PRESERVES - CONSERVES

If the proper method is employed there are few tangibles which cannot be preserved. Women have proved this point by

sealing into jars everything from violets to furbelows.

From the Monte Sano P.-T. A. cook book, Mrs. Frank McCabe has selected the acme in the art of preserving:

HOW TO PRESERVE A HUSBAND

"Be careful in your selection. They are better if not too fresh. Some choose them young, others want them old — this is a matter of personal taste. Do not boil. Many insist upon keeping them in hot water, but this always makes them sour. Be careful not to chill with indifference; instead keep them warm with the sunshine of smiles. Even the poor varieties may be made sweet, tender and good if spiced with the essence of love and a dash of play. If treated this way, they will keep for years."

STRAWBERRY PRESERVES

Mrs. Don S. Holt, Graham, admits that she has spent several springs trying to perfect a strawberry preserve which would retain as much as possible of the original form, color and flavor of the berry. After many tries, she believes, and we agree, that "this is it!"

"Use 4 cups of berries and 5 cups of sugar. Place in a wide kettle, alternating sugar and berries. Bring slowly to a boil. After the whole mass is boiling, cook 9 minutes. Remove from heat. Add 3 tablespoons lemon juice, or $\frac{1}{4}$ teaspoon cream of tartar. Let stand overnight. Boil 9 minutes the second day. Allow to cool and place in glasses. Seal with wax. Cooked this way the preserves are beautiful and tender jelly surrounds the plump bright red berries."

1947 CHERRY PRESERVES

As topical as today's newspaper is this recipe for cherry preserves recently perfected by Mrs. D. E. McConnell, Gastonia, who by the way is Mrs. Don Holt's mother.

"After pitting cherries, lift them from the juice and measure them. Place not more than 4 cups in a wide kettle. Add $\frac{1}{2}$ as much sugar as cherries and bring slowly to a boil. Cook until the syrup is thickening and "slipping" from the spoon — about 20-25 minutes, or, to 222° if candy and preserving

thermometer is available. Pour into glasses immediately and when cool seal with wax.

"The juice discarded when cherries were measured may be made into syrup separately and used in drinks, etc.

"These preserves are ruby red; the cherries taste fresh and the juices jells."

TOMATO CONSERVE

Tomato conserve, a poignant link between eras of elegance, is said to have been served during the presidency of John Adams, our second president, and that no breakfast table was considered poised without a compote of the ruby-clear tart confection.

Mrs. Roger Gant has saved for posterity this bit of tradition with her interpretation of the conserve:

1 qt. ripe tomatoes	1 pt. diced tart apples
1 cup shredded pineapple	4 cups sugar
2 lemons	

"Cut lemons in thin slices, cover with water. Cook until tender. Add peeled tomatoes, apples, pineapple and sugar. Cook until thick and clear. Put into glasses and seal."

PRESERVED VIOLETS — ROSES

A nostalgic reminder of Old-World influence, is a little jar of Violettes Pralinees displayed in a tiny curio shop in New Orleans' French Quarter. These crystalized flowers, used by generations of Creole ladies to decorate cakes and candies, remain in vogue, but the art of making them is almost extinct.

Mrs. William H. Wootton of Baltimore, Md., mother of Mrs. Walter M. Brown, Burlington, releases the secret for our readers.

"Into 1 cup of hot water dissolve 2 cups of granulated sugar. After the sugar has been completely dissolved, add 2 (full) ounces of stemmed fresh violets. Stir with a wooden spoon over a medium flame until the syrup makes a soft ball in cold water. Remove from flame, and continue to stir gently until the syrup granulates to the consistency of coarse meal. Empty over a collander and shake off the extra grains of sugar. When the flowers are cool, carefully pack them into jars and seal. They will keep indefinitely. Rose petals, orange

blossoms, jonquils and other flowers may be crystalized in the same manner. These little jars of flowers make lovely gifts.”

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PICKLES - RELISHES CATSUP

“All life,” says Nietzsche, “is a dispute between taste and tasting.” While in accord with the famous philosopher to some extent, we disagree concerning our pungent pickle recipes. Here, the two elements are as cozy as salt and pepper.

MAMMY JANE'S FAVORITE WATERMELON RIND PICKLE

In impeccable taste are Miss Sadie E. Steele's crisp watermelon rind pickles. And the “tasting”—yum, yum!

“Cut rinds and let stand in lime water overnight (1 cup lime to large dish pan of water.) Change to ice water and let stand for 1 hour or longer. Drain. Prepare mixture of $\frac{1}{3}$ vinegar to $\frac{2}{3}$ sugar. Add mixed spices to taste. Let boil, then add rind and cook until tender. When canning be sure that liquid covers rind.”

MUSTARD PICKLES

This nippy pickle by Mrs. R. W. Brannock is easily made and endowed with individual flavor.

“Take 1 quart fruit jar and pack with small cucumbers. On top of cucumber add: 2 tablespoons dry mustard, 2 tablespoons salt and 4 tablespoons sugar. Pour over enough vinegar to fill jar. Seal.”

ICED GREEN TOMATO PICKLE

The tomato is "Portugaise" in any situation in its native Portugal. Under any name, these pickles, by Mrs. Roger Gant, would be superb.

"Seven pounds of sliced green tomatoes soaked in 2 gallons of water in which 3 cups of lime have been dissolved. Leave for 24 hours. Drain, rinse and soak in clear water for 4 hours. Bring to a boil 3 pints vinegar, 5 pounds sugar, 1 teaspoon each of cloves, allspice, mace, ginger, celery seed and cinnamon. Drain tomatoes and add to syrup. Boil for 1 hour. Add 1 package of seeded raisins and seal in glass jars. The lime makes the tomatoes very crisp."

ARTICHOKE PICKLE

The Jerusalem artichoke, first grown in the Holy City, is a composite plant with a brittle root highly prized by gourmets, and a miniature Sun-Flower bloom for autumn house decoration.

Mrs. Frank Pollard, Burlington, grows this type of artichoke in her garden. Come late fall she pickles the bulbs like this:

½ peck raw artichokes	1 small box white mustard
2½ lbs. brown sugar	1 box whole mixed spices
½ lb. raw sliced onions	½ gallon vinegar

"Scrub artichokes well. In a jar pack alternating layers of artichokes and onion rings. Let vinegar, sugar and spices come to a boil. Remove and cool. When thoroughly cold pour the syrup over artichokes and onions. Seal. Be sure that the vinegar is cold, not necessarily chilled, as warm vinegar will toughen the jar contents."

PICKLE VINEGAR MIXTURE

Mrs. L. E. Atwater blends a very special vinegar mixture for any pickle. She adapts her recipe here to cucumbers and onions:

1 gallon vinegar	allspice, black pepper, cloves,
¾ lb. salt	ginger. Bring to boil, cool.
¼ lb. ground mustard	2 qts. onions
2 tablespoons each celery seed,	4 lbs. sugar
white mustard seed, cinnamon,	

"Pour this mixture into a stone jar and drop in cucumbers as you get them, fresh."

CHOPPED ARTICHOKE PICKLE

Mrs. Roger Gant chops the versatile artichoke with other raw vegetables. The upshot is a rare treat particularly congenial with any meat.

1 gal. artichokes, scrubbed with stiff brush	2 oz. mustard
1 peck green tomatoes	1 small cabbage
1 doz. Bermuda onions	1 doz. green peppers
2 cups salt	3 quarts vinegar
2 lbs. sugar	2 ozs. mustard seed
	1 oz. each of celery and tumeric

"Chop all raw vegetables fine, artichokes are not peeled, and let stand for 12 hours. Squeeze dry. Add to hot vinegar in which other ingredients have been dissolved. Keep in sealed jars. Ready to serve in 1 week."

NORTH CAROLINA CHOW CHOW

The Chinese for centuries have made "Chow Chow" a mixed pickled concoction. The originators would be amazed at the improvement in the idea brought about by Mrs. Finley L. Williamson, who specializes in a "Tar Heel" brand.

"Grind and measure after grinding: 1 gallon cabbage, 1 peck green tomatoes, 1 quart onions, 1 quart green sweet peppers, 3 pods hot peppers. Sprinkle $1\frac{1}{3}$ cups salt over above mixture, cover for 24 hours then drain carefully under heavy pressure in a colander. Heat $2\frac{1}{2}$ quarts vinegar, 3 cups sugar, 2 tablespoons each of yellow mustard seed, tumeric, black pepper, celery seed, ground mustard and grated horseradish. (The horseradish soaked overnight in an extra cup of vinegar). Pour scalding seasoned vinegar over all vegetables. Stir, pack tight and seal. Makes 10 pints. If mixture seems too dry, add more vinegar."

PEACH PICKLE

This peach pickle recipe by Mrs. Joseph Erwin Gant was used by her grandmother and has been a standard in the family during the ensuing generations.

"Weigh 7 pounds of free-stone peaches, peel. Blend a mixture of 3 lbs. sugar with about $1\frac{1}{2}$ pts. vinegar, 2 tablespoons of cloves and 4 or 5 sticks of cinnamon. Let syrup boil until slightly thick. Put in peaches and allow them to cook until fruit is clear and may be stuck with a fork. Pour into sterilized jars, seal."

GREEN PEPPER PICKLE

Mrs. Willard C. Goley, Graham, chops green peppers, cabbage and onions; flips out a potent pickle.

- | | |
|---|-----------------------|
| 1 peck green peppers | mustard seed |
| 4 tablespoons celery seed | 12 red sweet peppers |
| 4 large onions | 1 large cabbage |
| $\frac{1}{4}$ lbs. each white and black | 2 tablespoons tumeric |

"Chop cabbage, onions and peppers. Cover with water and soak overnight with $1\frac{1}{2}$ cups salt. Next morning squeeze dry, cover with equal parts vinegar and sugar. Cook slowly about $1\frac{1}{2}$ hours."

PEACH PICKLE

From the peach basket to the pickle jar via the experienced hands of Mrs. S. J. Hinsdale, and you have one of the most delightful of the species.

"Make a syrup of: 11 cups sugar, 7 cups vinegar and 2 tablespoons mixed spices. Add to this $\frac{1}{2}$ bushel of peeled peaches, a few at the time. When done will fill 4 half gallon jars."

PEPPER RELISH

A sage, upon sampling a vegetable embellished by a scoop of hot pepper relish, blurted, "*It's much too good for folks!*" "Them's" our sentiments concerning this pepper relish by Mrs. W. H. Hazard, Haw River.

- | | |
|--------------------|----------------------|
| 1 doz. red peppers | 1 doz. green peppers |
| 1 doz. onions | |

"Remove seeds from peppers and grind both peppers and onions. Pour boiling water over this and let stand 5 minutes. Drain. Put in a kettle with:

- | | |
|-------------------------------|---------------------|
| 1 qt. vinegar | 2 ozs. mustard seed |
| $2\frac{1}{2}$ teaspoons salt | Few celery seed |
| 3 cups sugar | |

"Cook $\frac{1}{2}$ hour. Place in air-tight jars."

TOMATO CATSUP

Catsup, or the East Indian "Kitjap," once was a blending of walnuts, tomatoes and mushrooms. Time and Mrs. R. F. Anderson have out of this background, evolved a miraculous sauce.

"Put 1 bushel sliced ripe tomatoes in a kettle without water and boil for 1½ hours, stirring often. Mash through a colander; return to fire and boil down very thick.

"To 5 quarts of pulp, before it has been boiled down, add: 3 teaspoons scraped horseradish, 3 teaspoons white mustard seed, 3 teaspoons celery seed, 2 teaspoons whole black pepper, beaten fine, 1 teaspoon ground mustard, 2 teaspoons red pepper, 4 onions chopped fine, 2 grated nutmegs, 3 races ginger, a little garlic, ¾ cup salt, 2 lbs. sugar.

"After boiling the seasonings, pour in 1 quart cider vinegar and let boil until very thick, about 2 hours. Take off fire. Bottle, cork and seal."

CRYSTALLIZED CUCUMBER PICKLE

Crystal, from the Greek "Kryos" meaning frost, is a glass more perfect than ordinary glass. Taking a cue from the Greeks, Mrs. R. F. Durant crystallizes cucumber cubes into a pickle more perfect than ordinary.

"Make a brine that will float an egg—using plain salt. Pour over cucumbers and let stand 3 days. Remove cucumbers and place in clear water. Change water each day for 3 days.

Place cucumbers (cut in inch chunks) in preserving kettle and pour over—half water and half vinegar—enough to cover cucumbers and bring to a quick boil, boiling until tender—about 5 minutes. Remove kettle from fire and set aside. Let cucumber set in this mixture 3 days after which pour off liquid and place cucumbers in glass jars. Make a syrup of the following and pour over cucumbers. Let stand overnight; drain off and reheat to the boiling point and pour over again. Repeat this process 2 more days. Seal on third day. Bring the syrup to a boil and pour over cucumbers.

Syrup

3 lbs. sugar	Ginger and cloves if desired
1 pt. vinegar	1 teaspoon alum (makes pickle
3 tablespoons white mustard seed	brittle)
Several sticks cinnamon	

"Use only porcelain, earthen ware or wood containers in this pickling process."



SAUCES

Without sauce many dishes would be drab indeed; for basically there are not many foods rich enough in flavor to be served unadorned. Each has his own favorites. Here are a few to add to the repertoire:

GARLIC DRESSING

Mrs. Roger Ljung prefers for salads, a garlic dressing rich in twang.

"One small garlic clove chopped in 5 tablespoons wine vinegar. Let stand for $\frac{1}{2}$ hour. Remove garlic and add $2\frac{1}{2}$ teaspoons salt, $1\frac{1}{2}$ teaspoons sugar, $\frac{1}{4}$ teaspoon powdered mustard, 1 cup oil. Mix. Shake well each time before using. Keep in refrigerator."

FRENCH DRESSING

Mrs. Robert C. Moore prepares a rich dressing made with tomato soup base.

1 can tomato soup	$\frac{1}{3}$ cup sugar
$\frac{3}{4}$ cup vinegar (einz Tarrigan)	2 or 3 buttons garlic
$\frac{3}{4}$ cup vinegar (Heinz Tarrigan)	1 tablespoon Worcestershire
1 tablespoon salt	sauce
1 teaspoon paprika	

"Mix. Put in quart jar and shake well before using."

HOLLANDAISE SAUCE

Mrs. William Bailey likes a Hollandaise sauce made by using eggs for the base.

"In a saucepan rub to a cream $\frac{1}{2}$ cup butter; add the

yolks of 4 eggs and beat well together. Then add the juice of $\frac{1}{2}$ lemon, $\frac{1}{2}$ teaspoon salt and a dash of cayenne. Add slowly 1 cup hot water. Mix well and set in a pan of hot water. Stir constantly until the sauce becomes as thick as cream. Do not let boil. Remove from the fire and continue to stir for a few minutes."

BOILED DRESSING

Mrs. R. F. Anderson makes a boiled dressing which is creamy and has a sweet-sour flavor adaptable for salads of almost any variety.

1 egg	$\frac{3}{4}$ cup vinegar
Red pepper	$\frac{1}{2}$ cup sugar
1 teaspoon dry mustard	1 tablespoon butter
$\frac{1}{2}$ cup milk	$\frac{1}{4}$ cup water
1 tablespoon flour	

"Beat egg and add other ingredients, stirring constantly. Make paste of flour and milk; add to mixture and cook until as thick as cream. Makes 1 pint."

CHEESE DRESSING

Mrs. W. H. Hazard, Haw River, makes a rich creamy cheese dressing for sweet fruit salads, especially pears.

Whip $\frac{1}{2}$ cup cream	1 pkg. cream cheese (Philadelphia)
2 teaspoons lemon juice	
2 teaspoons currant jelly	

"Beat with a rotary beater the cheese, lemon juice and jelly. Add whipped cream and beat. Put on ice for $\frac{1}{2}$ hour before serving."

TOSSED SALAD DRESSING

Mrs. W. T. Cheatham, Burlington, tosses a green salad—made of any desired greens and vegetables—with a luscious dressing made as follows:

6 tablespoons vinegar	sauce
$1\frac{1}{2}$ cups oil	$\frac{1}{4}$ teaspoon paprika
$1\frac{1}{2}$ tablespoons catsup	$\frac{1}{4}$ teaspoon celery salt
$1\frac{1}{2}$ tablespoon chili sauce	1 teaspoon sugar
$1\frac{1}{2}$ tablespoon Worcestershire	3 tablespoons lemon juice

"Mix well. Ten minutes before serving toss with salad."

CHILI SAUCE

From "South of the Border" the whiff of Chili Sauce blows as steadily as a Texas breeze. That we like this exhilaration is evinced by the count of Chili bottles in any pantry.

Mrs. A. D. Moore has composed for us a Chili sauce with an American accent and a Mexican rhythm.

30 large ripe tomatoes, skinned and thinly sliced	2 tablespoons black pepper
6 green and red Bull-nose pep- pers, cut finely	2 ozs. white mustard seed
6 tablespoons sugar	2 tablespoons salt
	7 cups good vinegar
	2 tablespoons ground mustard

"Mix and cook for 2 or 3 hours until thoroughly done. Cook until sauce looks transparent and do not let stick. Seal well in jars or it will not keep."

SOUR CREAM DRESSING

A sour cream dressing suitable for vegetables and meats is a bisque-like mixing by Mrs. A. Glenn Holt:

½ pt. sour cream	Salt, Worcestershire, pepper and
2 tablespoons mayonnaise	tobasco to taste
Fresh horseradish	

"Mix ingredients. Serve."

OEUFs (EGG) DRESSING

In French they are "Oeufs," but to use eggs, hard-boiled and made into a dressing by Mrs. A. Glenn Holt are "tops."

3 hard-boiled eggs	6 tablespoons vinegar
3 tablespoons sugar	½ teaspoon salt
2 teaspoons prepared mustard	Few dashes tobasco
½ cup salad oil	

"Mash egg yolks and add sugar, salt, mustard and tobasco. Mix thoroughly, then add oil slowly; then vinegar until mixture reaches semi-thick consistency. Seive whites or chop in small pieces and serve over shredded lettuce."

According to Mrs. Holt, who gave the above recipes, "any good cook doubles the amount of seasoning (salt and pepper) in a recipe."

HOT FUDGE SAUCE

A hot fudge sauce for cakes, ice cream or any other des-

sert, is the handiwork of Miss Helen Coble. It is served hot!

1 square Baker's chocolate

1/3 cup boiling water

1 tablespoon butter

"Let come to boil. Add 1 cup sugar and 2 tablespoons corn syrup. Let boil 5 minutes; add 1 teaspoon vanilla and a pinch of salt."

BROWN SUGAR SAUCE

An old-fashioned brown sugar sauce is made by Miss Myrtle Isley, Graham, to serve over hot cake, pie or puddings.

"Sift 1½ cups brown sugar and cream until smooth with ½ cup butter. Beat in slowly 1/3 cup cream and add, drop by drop 2 tablespoons of wine or 1 teaspoon vanilla. Beat all until creamy."

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NUTS

As rare as a day in June are good salted nuts. Yet the process is so simple it would seem that anyone could fry a peanut; toast a pecan or almond. There is a certain something elusive about this phase of cookery or every dinner would end, as it should, with a "nut to Crack" or a kernel to munch.

FRIED PEANUTS

One of the most popular and nutritious nuts is the peanut; growing in clusters under the ground. Its by-products are too numerous to list and its uses for flavor and decoration are multiple. The peanut is perhaps served more frequently in a fried state than in any other. This way one gets all of the crisp flavor of the nut. Mrs. S. I. Moore, who buys peanuts in wholesale quantities from an Edenton, N. C., peanut firm, gives us her cherished recipe.

"Blanche large peanuts by pouring over them boiling water. Remove, pour cold water over and skin, being careful not to split the kernels. Dry in an absorbent cloth by gently rolling nuts between cloth folds. Allow to further dry for about an hour. Place in a fine meshed rack or a sieve and dip down in boiling vegetable oil, Wesson, suggested. When nuts are crisp and tender, remove and salt. Better while warm!"

BOILED PEANUTS IN SALT

Mrs. J. Whitney Cunningham of Sumter, S. C., washes a quart of raw peanuts in the hull. These are tossed in boiling water, heavily salted and allowed to cook until the salt pene-

trates the hull and nut. Remove from water and dry in the sunshine. Crack the shells with your teeth and wonder at the rich flavor inside.

(1) BLANCHED ALMONDS

The sweet bitter almond lends enchantment in whatever it emerges, in any state; creamed to a paste, minced into bits or "au naturel." Mrs. Cecil Gant blanches this nut simply by pouring over them boiling water and allowing them to stand until the skins pop. Remove, slip off skins and serve raw or toasted. She uses the same manner to toast almonds as she does pecans or any other nut.

(2) TOASTED PECANS — ALMONDS

To toast pecans or almonds, Mrs. Gant spreads nuts, about 2 cupfuls at a time to thinly cover the bottom of a biscuit pan. These are placed in a preheated oven and toasted at about 350° until crisp and slightly browned. Remove, stir in butter and sprinkle with salt. Other nuts are toasted in same manner.

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